

NEONS

NEWS

From the Ivanhoe Neons Swimming Club

March 2004

Neons Committee

2003 - 2004

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RECENT MEET RESULTS

STATE SPRINT MEDALLIST

NICK CORDNER

SILVER MEDALLIST BOYS 17/18 YRS 50M BUTTERFLY

OTHER FINALISTS

KEN-GENE YAP

ALL JUNIOR FINALISTS

Congratulations to the following swimmers who finished in the top ten places and are now onto the next round at MSAC on March 20th. Ages 8, 9 & 10 will be swam at 9am (Warm-up 8.15am). 11, 12, 13, 14 & SWD will be swim at 1pm (Warm-up at 12pm). Finals for all age groups will be held on Sunday March 21st.

NICK AGUIS

JONATHON BOUNAS

ALISTAIR COOPER

XAVIER AGOSTINO

JONATHON CHAN

STEPHEN JURY

RACHEL FARRELL

NICK WOOD

TROY GAZZOLA

SAM KIRKPATRICK

HAYDEN BURCH

LAUREN CHAN

MICHAEL FORNO

KARA WHITE

TARA WOOD

ERIC YUEN

COACHES COMMENT

Another year starts and here we are – all back again. A new year always brings new opportunities, not only in swimming, but in all aspects of our lives. Lots of our swimmers have not only started a new year level in school but also started new schools .

It is fantastic to see swimmers hard at it. This is most evident in our Junior Squad with many of our younger swimmers working hard at training, and finding the results paying off at the recent All Junior competition. It was really great to see new members swimming in their first meet. Included with this newsletter is the 7 to 10 years Metro North Encouragement Meet, and the 11 to Senior Encouragement Meet information. This is a great opportunity to gain valuable race practice especially for our newer members. All Junior Squad members should make every effort to attend.

Nick Cordner and Sam Bramham are off to the Australian Open Olympic Trials in Sydney at the end of March. Their aim is to do their best, winning medals should not be the only gauge of doing well. Nick is now ranked in the Top Ten 400 IM Swimmers in Australia. Both he and Sam may or may not come home with medals, but the opportunity that success at this meet may bring is endless.

Personal bests are really the only true indication of your success. Not everyone can win medals, and everyone peaks at different stages in their swimming careers. Kieren Perkins didn't break 30 seconds for 50m Freestyle until he was 15 years. True success for Kieren didn't come for another eighteen months and Kieren started swimming at 7 years of age.

All swimmers should set themselves some goals. These goals must be relevant and achievable. Success or failure is yours for the taking. I am more than happy to assist swimmers to set goals.

***"GREAT STARTS CAN MAKE A
DIFFERENCE IN THE CLOSE RACES."***

Dealing with Disappointment

By Misty Hyman

"I am so thankful for my disappointments in my life. They have been catalysts for change and growth. They have made me a better swimmer and, more importantly, a better person."

You may think that all gold medallists are perfect.....

- That we always swim our best times and regularly reach our goals.
- That we always do our homework and get straight A's
- That we always say the right thing at the right time
- That we always have cool clothes and great hair
- That we are always "perfect angels"

Well, I don't mean to burst your chlorine bubble, but all gold medallists are **human** – even Michael Phelps. Ok, I will admit that my knees do bend abnormally backward, which helps my butterfly kick. And it's true that what all gold medallists have accomplished places them among a small percentage of people in the world. Nonetheless, we are as **human** as the next person.

What sets an Olympic champion apart from everyone else?

A champion isn't just someone who wins all the time, because as Michael Jordan says, "I have failed a lot more times than I have succeeded." A champion is someone who can deal with disappointment in a constructive way. Someone who can handle the moment, learn from it, move on and use it to make them better.

Personally, I have a hard time remembering all the times I have been disappointed in swimming. Some of my biggies include Olympic Trials in 1996, the butterfly rule change in 1998 and shoulder surgery in 2001. Yet I can look back at those disappointments and honestly say that I am so thankful – yeah, you read that right! **I am so thankful!**

These disappointments in my life have been catalysts for change and growth. They have made me a better swimmer and, more importantly, a better person. But it's a lot easier to say that now! When I was going through these difficult times, it wasn't so simple.

Here are some things I have learned to help me through those not-so-fairytale-like experiences.

Handle The Moment

The first thing you need to do is to get through that initial moment when you first experience your disappointment. Maybe you were disqualified in your best event at your peak meet, or you missed your Trials cut in the 800 by 2/100ths of a second. Hey, that's tough to accept.

Of course, part of sports is not just the thrill of victory, but also the agony of defeat. Both are equally wonderful parts of what we do. It's ok to show your emotions. You don't have to fake a smile when you are disappointed and you don't have to hide your excitement when you have surpassed your own expectations.

When I watch the tape of my 200 Butterfly victory at the Sydney Olympics and see my reaction, it's still hard for me to believe that I actually did 'that'. However, so many people have told me how much they appreciated the true human emotion of that moment. My reaction was real and heartfelt.

However, the opposite emotion happens to all of us. We can't believe how poorly we did, and there is an equal – if not greater – rush of negative emotions, such as anger, frustration, sadness or humiliation.

However, showing good sportsmanship is a big part of being a champion. Don't deny your emotions, but in the pool and on the deck, keep in control of yourself and act as dignified and respectful as you can. There is a time and a place to express all of your emotions.

Is it ok to cry? Yes. Sometimes, that is the best way to accept and deal with your disappointment. It's important to feel and acknowledge your emotions instead of suppressing them.

Is it better to wait until you get to the warm down pool or somewhere private? Yes. You may be feeling bad, but you shouldn't draw unwanted attention to yourself or share your negativity with anyone else.

One of the most important aspects of handling the moment is never to bring down your team-mates with your disappointment – especially if you are in a team competition. You don't have to pretend that you are not upset, but if you can get yourself excited for your team-mates' upcoming swims, they will be inspired by your bravery and want to do well for the team and for you!

When you carry yourself like a champion, people notice. A champion doesn't have to win every time to be a champion. A champion shows it in the way he or she handles both victory and defeat.

Learn From It

After you have survived **the moment** and you come out looking like a superstar whether you won or not, you should evaluate what happened.

What did you do right? What could you have done better? Were there things you can do next time that you didn't do this time?

Sometimes, losing can be more valuable than winning because you are forced to look at your mistakes and weaknesses. If you had won or reached your goal, you may have been too busy patting yourself on the back to notice what you could have done better. Knowing your weaknesses is the first step to fixing them.

These are lot of things your can do to evaluate and learn from your race...

- Right after your race- look at your splits
- Check our your race analysis, which would include stroke counts and rate
- Have someone videotape your race, then watch it later to see exactly what you are doing right and wrong
- Discuss everything with your coach

Another way to evaluate your race is to review your mental preparation.

Ask yourself questions such as....

- How was my state of mind behind the blocks and leading up to the race?
- How nervous was I?
- Was I mentally prepared?
- Did I visualise my race?

- Did I have a strategy or a race plan?
- Was I focused on what I was doing, or was I distracted?

All of these questions can give you an idea of how your state of mind affected your race. Remember, mental preparation is at least as important, if not more important, than physical preparation!

Finally, of course, the foundation of your swimming is your training. You know whether or not you went to all the practices and whether or not you gave it your all. Don't get mad at yourself if you didn't. Just realise that there is room for improvement.

There are many different variables that you can evaluate in order to get feedback about your race. Having an open dialogue with your coaches, parents or friends can help you discover things you may not have noticed.

DON'T BE AFRAID TO TALK ABOUT A DISAPPOINTING RACE

LEARN FROM IT!

INTERIM PRESIDENT'S REPORT

On behalf of the committee I would like to thank **Peter Robertson** for his effort and time as past president of our club. Peter has been a long standing and active member, he has been our starter at time trials and, approximately two years ago, was elected president. Peter, we wish you well. (A note from Peter follows this report.)

Club Championships: I would encourage all members to participate in our club championships to be held on **Friday March 26**. A lot of time and effort has been spent in organising this annual event. There is the added bonus of double points being awarded towards our club aggregates. I hope to see 100% attendance on this great night.

Club Door Raffle: the prize for the next door raffle, to be held on Club Championship Night, will be a Chubb Fire Extinguisher. All swimmers who attended the last time trials in February will be given extra tickets at the Club Championships, in effect doubling the chance of winning. The reason for this-the raffle was not drawn in February.

Sausage Sizzle: Don't forget the free sausage sizzle held after every time trials night. All swimmers and their parents are invited and encouraged to stay and enjoy the sausage sizzle.

Finally, a BIG THANKYOU to all of the **time keepers** at our time trials, you are all doing a great job and your efforts are really appreciated.

Interim President Eric Visser-Over and Out!

FROM OUR PAST PRESIDENT

Dear Members & Friends of the Ivanhoe Neons,

I like to let you know that I have resigned as president of the Ivanhoe Neons. As you may know, my daughter Laura gave up competitive swimming late last year. I find that without the regular poolside contact with people, I'm no longer able to make a significant contribution. After nearly 7 years on the Neons Committee it's time for me to move on.

I'm pleased to announce that Eric Visser has been chosen by the Committee to be acting president for the remaining months of the swimming year. Eric has already made a huge contribution to the club through his activities on the Social and Fundraising Committee. I'm sure you will all get behind Eric and give him your support.

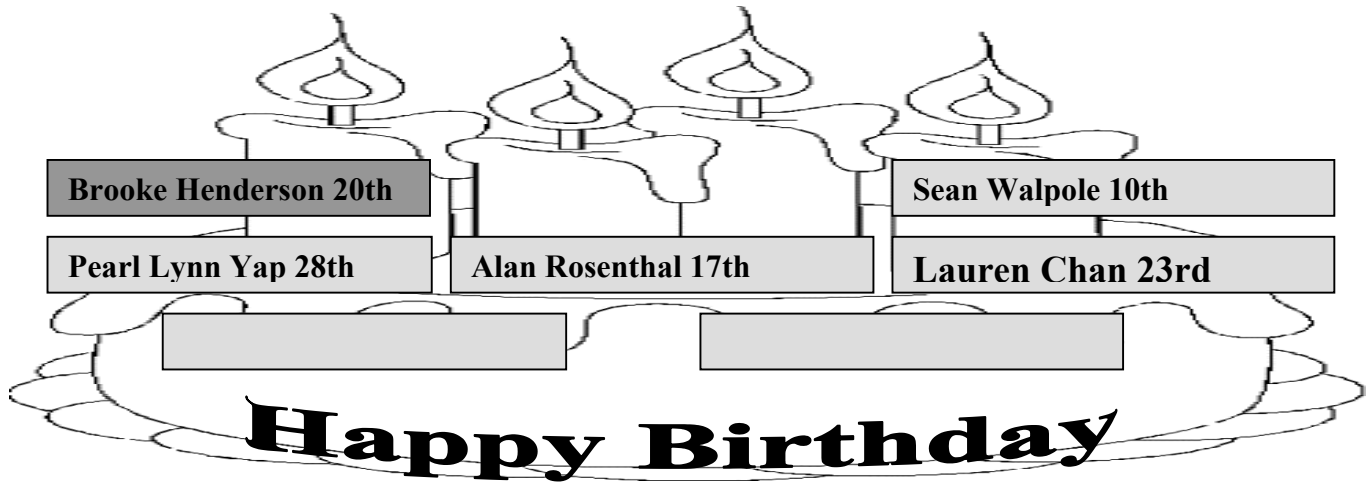
Best wishes,

Peter Robertson

TRAINING CHANGES

Junior squad -
No Training On Monday 8th March

Squad training times and changes can be view on our web site
www.vicnet.net.au/~neons



Swimming Victoria Metro North
10/Under Encouragement Competition

Location: Richmond Pool Gleadell St, Richmond
Date of Meet: 27th March 2004 Pool Entry 6.00pm
Entries Close: 6th March 2004

1. **Please note- any members having gained 1st, 2nd or 3rd placing in any District or State Championships, are not permitted to enter that stroke. Even if there has been an age change**

2. New members welcome.

3. Age as of day of meet.

4. Entries on Swimming Victoria "Blue Cards" or Metro North Entry

5. \$2.50 per event

6. entries to:- Jo

Results on the night and on www.vicnet.net.au/~metronth

Girls	Boys	Age	Stroke	Distance
1	2	8/U	Butterfly	50m
3	4	9yrs	Butterfly	50m
5	6	10yrs	Butterfly	50m
7	8	6/U	Freestyle	25m
9	10	7yrs	Freestyle	50m
11	12	8yrs	Freestyle	50m
13	14	9yrs	Freestyle	50m
15	16	10yrs	Freestyle	50m
17	18	6/U	Backstroke	25m
19	20	7yrs	Backstroke	50m
21	22	8yrs	Backstroke	50m
23	24	9yrs	Backstroke	50m
25	26	10yrs	Backstroke	50m
27	28	7/U	Breaststroke	50m
29	30	8yrs	Breaststroke	50m
31	32	9yrs	Breaststroke	50m
33	34	10yrs	Breaststroke	50m

Swimming Victoria Metro North
11 to Senior Encouragement Competition

Location: Richmond Aquatic Center, Gleadell St, Richmond
Date of Meet: March 28th 2004 Pool Entry 6.00pm
Entries Close: March. 6th 2004

1. Please note - any members having gained 1st, 2nd or 3rd placing in any District or State Championships, are not permitted to enter that stroke even if there has been an age change
2. New members welcome.
3. Age as of day of meet.
4. Entries on Swimming Victoria "Blue Cards" or Metro North Entry Page
5. \$2.50 per event
6. Post or deliver entries to : Jo

Results on the night and on www.vicnet.net.au/~metronth

Girls	Boys	Age	Stroke	Dist
1	2	Sen 40/O	Freestyle	50m
3	4	Sen 25-39	Freestyle	50m
5	6	11yrs	Butterfly	50m
7	8	12/13	Butterfly	50m
9	10	14/15yrs	Butterfly	50m
11	12	16/17yrs	Butterfly	50m
13	14	Sen 18/O	Butterfly	50m
15	16	11yrs	Breaststroke	50m
17	18	12/13yrs	Breaststroke	50m
19	20	14/15yrs	Breaststroke	50m
21	22	16/17yrs	Breaststroke	50m
23	24	Sen 18/O	Breaststroke	50m
25	26	11yrs	Backstroke	50m
27	28	12/13yrs	Backstroke	50m
29	30	14/15yrs	Backstroke	50m
31	32	16/17yrs	Backstroke	50m
33	34	Sen 18/O	Backstroke	50m
35	36	11yrs	Freestyle	50m
37	38	12/13yrs	Freestyle	50m
39	40	14/15yrs	Freestyle	50m
41	42	16/17yrs	Freestyle	50m
43	44	Sen 18-24	Freestyle	50m

Metro North Entry Card

This entry form may only be used for Metro North Competitions.
It will not be accepted by Swimming Victoria

1. Do not print time in seconds only, if the time is more than one minute print as, 1.09.34 not 69.34
 2. If an entry time is not submitted the swimmer will be seeded in the slowest heat.
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SWIMMING VICTORIA METRO NORTH ENTRY FORM

To: Joanne

Closing date. MARCH 6 2004.

SWIM MEET:	Date of Meet:
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Last Name:			First Name:		
Club:			Reg No.		
Date of Birth:			Age at date of Meet:		
Male / Female (Please circle)					
			Where entry time was set		
Ev No	Stroke	Entry Time	Date	Meet Name	Pool 25m/50m

Declaration:

I am currently a registered member of the club shown (reg. runs from May 1 to April 30)

I am aware that Swimming Victoria will not accept this entry form

Signature:	Phone No
Address:	

**CLUB CHAMPIONSHIPS
FRIDAY 26TH MARCH 2003
6.30PM
IVANHOE GRAMMAR SCHOOL**

Event			Event		
Female	Male		Female	Male	
1	2	Open 100m Freestyle	21	22	16yrs & Over 50m Backstroke
3	4	16yrs & Over 50m Freestyle	23	24	14/15yrs 50m Backstroke
5	6	14/15yrs 50m Freestyle	25	26	12/13yrs 50m Backstroke
7	8	12/13yrs 50m Freestyle	27	28	11yrs 50m Backstroke
9	10	11yrs 50m Freestyle	29	30	10yrs 50m Backstroke
11	12	10yrs 50m Freestyle	31	32	9 yrs & Under 50m Backstroke

13	14	9yrs & Under 50m Freestyle	33	34	16yrs & Over 50m Butterfly
15	16	16yrs and Over 50m Breaststroke	35	36	14/15yrs 50m Butterfly
17	18	14/15yrs 50m Breaststroke	37	38	12/13yrs 50m Butterfly
19	20	12/13yrs 50m Breaststroke	39	40	11yrs 50m Butterfly
21	22	11 yrs50m Breaststroke	41	42	10yrs 50m Butterfly
23	24	10 yrs50m Breaststroke	43	44	9yrs & Under 50m Butterfly
25	26	9 yrs & Under 50m Breaststroke			

- Medals awarded to first 3 place-getters in each event, to be awarded on the night.
- Club Championship trophy for each age group Champion to be awarded at Club Presentation Day.
- Times from Night to be used for final Club Night Aggregate points, double points will be awarded for every race swum.
- The Club reserves the right to combine some events but Medals will be awarded separately for each event.

Age: As at day of meet.

Entries Close: FRIDAY MARCH . 19

Entries to : Joanne Love

Or: P.O Box 2219, East Ivanhoe 3079

TIME TRIAL RESULTS 20TH FEBRUARY, 2004

Congratulations to our new record holders:

Nicholas Cornder	BOYS 17yrs	50m FREE	24.82
Nicholas Corners	BOYS 17yrs	100m FREE	55.57
Ken-Gene Yap	BOYS 15yrs	100m FREE	57.34
Lauren Chan	GIRLS 13yrs	100m FREE	1.07.73

SURNAME	FIRST NAME	25m FREE	100m FREE	50m FREE	25m BACK	50m BACK	50m BRST	50m FLY
AGIUS	Nicholas		1.18.79	36.54		47.03	51.13	41.90
BARANOW	Dean			41.94		50.91	56.16	54.65
BARANOW	Kane		1.24.56	40.58		49.78	50.84	53.13
BARANOW	Matthew		1.11.65	32.38		40.81	45.68	39.59
BOUNAS	Jonathan			38.71		47.25	50.78	48.35
BURNHAM	Alessi			43.10		48.45	50.85	47.62
CHAN	James		1.09.31	32.02		38.72	38.90	35.19
CHAN	Jonathan		1.18.00	35.37		40.77	46.13	51.53
CHAN	Lauren		1.07.73	31.30		34.72	49.97	33.97
CHERKASSKI	Lev		1.13.53	33.31		41.25	46.74	DQ

CORDNER	Nicholas	55.57	24.82	28.65	34.37	27.38
FARRELL	Rachel	1.10.81	33.53	39.44	47.84	33.38
FORNO	Michael	1.10.09	35.35	49.06	52.91	42.91
FOWKES	Austin		32.34	DNS	44.59	36.50
GAZZOLA	Paris	43.84		41.92		
GAZZOLA	Troy		40.33	46.81	55.88	49.13
GRANDINE	Michael		1.07.09	34.84	1.20.07	DNS
JURY	Stephen	1.14.94	32.03	41.94	39.62	38.47
KAVANGH	Jackson	1.13.07	33.44	38.69	49.78	38.77
MYERS	Cameron	1.14.10	34.70	DNS	DNS	DNS
O'KEARNEY	Emily	1.10.16	31.87	40.16	39.04	36.59
						33.38
REYNOLDS	Brooke		54.75	1.05.78	1.04.53	(25m)
REYNOLDS	Danielle		44.47	53.33	53.65	DNS
						33.78
REYNOLDS	Lewis		51.14	1.00.60	1.09.29	(25m)
ROSENTHAL	Alan	1.04.31	28.72	35.69	39.31	33.82
VISSER	Stefan	1.12.58	33.66	40.50	43.03	38.25
WALPOLE	Sean		47.10	54.97	1.06.50	1.10.37
WALPOLE	Stuart	1.08.84	29.59	37.37	47.75	35.60
YAP	Ken-Gene	57.34	26.25	35.03	37.78	31.00
YAP	Ken-Leon		43.73	54.44	56.33	56.34
YAP	Pearl-Lyn		53.91	58.10	DNS	DNS
YUEN	Eric	1.12.54	31.53	33.19	50.00	41.38
YUEN	Patrick	1.10.85	37.41	43.97	54.57	47.06

*PLEASE NOTE: There will be no Top Twenty Point scores published this month as I mean to keep up a bit of excitement. Just remember that the March Club Championships are double the points!!