



Maverick Swim Club
Naperville, IL

December, 2010

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UPCOMING DATES

Dec. 29, 9:30-11:30am Mavs Give Back-FMSC, Aurora

Jan. 7-9 Maverick Winter Splash @ MVHS

Happy Holidays!

I can't believe we're already this far into the season. Maverick Roundup has come and gone and now we have snow and cold. We're about half way through the season and the Maverick Board is as busy as Santa's elves preparing for Maverick Winter Splash, Feed the Fire and summer Long Course.

As we prepare for winter break from school I would like to point out several upcoming events. The first event is where Maverick swimmers have a chance to help those that are in need...and have fun doing it! On Wednesday, December 29th is our annual visit to **Feed My Starving Children**. If you have never done this event it is one that is not to be missed. Even though I have helped at this event numerous times, it never fails to be an unbelievable few hours. You and your swimmers get to show off your great teamwork and experience the joy of helping so many others that are less fortunate.

Our second upcoming event is the **Maverick Winter Splash** meet that will run January 7th – 9th at Metea Valley High School. Thank you in advance to all of our volunteers and in particular Dave Sandberg who is our Meet Director. This is a 3 session meet like last year so we need everybody's help making it a great meet. Metea is a "fast" pool so swimmers keep working hard over break and I'm sure we'll see some great swims.

Our other normal winter break activity, **Trade Your Goggles for Skates**, has been moved to January this season due to the way school breaks are scheduled. I challenge our skaters this year to break last year's record. Last year the swimmers donated 266 boxes of cereal. Let's see if we can top 300!

Lastly, as we prepare for the last half of the season I would like to see if we can show our teamwork at all of the meets as well. Parents please make sure your child has their Maverick caps and suits so they can properly represent Maverick Swim Club at meets. Not only does it show great team spirit but it also helps the coaches keep track of the swimmers while they are in the water. We also need to show our Maverick pride by cleaning up ourselves in the team area.

I hope everyone has a safe and happy holiday season. Swimmers keep working hard and we'll see you all next year.

Bruce Gidlow, Maverick Swim Club President



Coaches' Corner

Avoiding The Mid Season Slump

It's that time of year. You no longer can wear your cros to practice without them filling up with snow, your wet hair freezes as you run from the pool to your parent's car, and you have to wear extra layers after practice to avoid turning into an icicle. Sometimes, in the dead of winter, the very thought of diving into a cold pool can send shivers down any swimmer's spine. However, no matter how unappealing leaving your warm home may sound, now is the time of the season to step up your game. Here are a few tips to help ensure that you continue to have a successful season and avoid the dreaded midseason slump:



1. **Try to increase your practice percentage** – If you typically come to practice 3x a week, aim to come to 4 practices per week. You will be amazed at the improvement you will see by increasing your practice by 20%.
2. **Don't Skip the Holidays** – We all know the Holidays can be a busy time of year, but don't put practice on the backburner. Taking 2 weeks off to play video games and eat Christmas cookies could mean missing critical nights of practice, not to mention it does not set you up very well for the Maverick Splash meet.
3. **Evaluate Your Goals** – Now is a great time of year to take a step back and look at how much you have accomplished already this season. Think about how far you have come and create goals for the end of the season.
4. **Have a focus each night of practice** – As you head to practice each night, think of one thing, in addition to what your coaches are having you work on, that you personally want to improve upon. For instance, one night you could have a goal to be more aggressive on your turns. Every time you do your flip turn, work on exploding off the wall, having a perfect streamline, and kicking past the flags. Continuing to work on the little things is a great way to improve your swimming and it will also keep practice interesting.



Happy Holidays!

Coach Mike Hubbard

A Reminder From the Coaches....

Parents: With the wintry weather already upon us, be sure to take a few extra minutes to arrive to Practices and Meets on time.

Swimmers: please remember to do Positive Check-In and to talk to your Coaches after each Event you swim! Thank you!

Coaches' Corner (cont'd)

10 Tips for Parents of Athletes

1. Focus on your child's effort and performances rather than on the outcome of a competition. Teach your swimmer that success means achieving THEIR personal goals rather than winning.

2. Help your swimmer set REALISTIC goals that are measurable and attainable. Goals that are too vague or difficult lead to a high dropout rate. Goals that are performance directed rather than outcome directed lead to a greater likelihood of success.

3. Make sure your swimmer knows that whether they win or lose, you will love them unconditionally. Give as much support for a loss as you would praise for a win.



4. Show respect for your child's coaching staff. If you are not happy with a style or manner, discuss your concerns with the coach. DON'T coach your child at home.



5. Show support for your child's team by attending the meets and cheering for ALL of the swimmers. DO NOT express criticism towards other athletes or the officials.

6. Accept any limitations in your swimmers physical abilities. Studies suggest that children with less than average skills would rather play on a losing team rather than a winning one if it means they can play more.

7. Make sure your swimmer is having FUN. Ask them if they are enjoying the season and want to continue.

8. Place your child in a sport best suited for THEM rather than forcing them into a sport that you prefer or think they will get a free ride to college.

9. Be careful NOT to relive your sport experiences through your child. Let them swim for THEMSELVES, not for you!

10. Keep sports in perspective. Remember, the purpose of sports for children is to create an opportunity for fun and growth. All of the successes and heartaches that come with sports can provide learning experiences and lessons that help pave the road to adulthood.



Coach Missy Hines

Official's Notes



The Role of the Volunteer

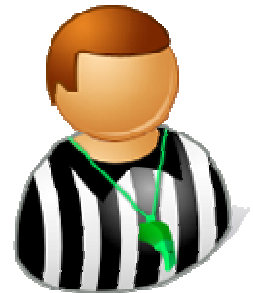
The volunteer is core to the principles of USA Swimming. It takes a small army of volunteers to run great swim meets and to support the 300,000 athletes in the 2,800 clubs that make up USA Swimming. At Mavericks, we are blessed with a diverse group of experienced officials to new volunteers to put on great swim meets.

Our meets couldn't be run without volunteers who do all of the timing, running, and concessions, just to name a few positions. Along with all of those volunteers is another set of volunteers, the officials, who help ensure that the meets run on time and meet the rules for USA Swimming.

At all levels of competition in USA Swimming, from your local dual meets to the national championships, the officials are volunteers. The officials at the biggest national meets, even those that are televised, when we are watching our sport's superstars like Phelps, Lochte, Soni and Coughlin, are volunteers. Did you know that even the officials at the Olympic trials are still volunteers?

There are normally three types of officials on deck at local meets.

- **The Referee:** The head official and the person in charge of running the swim meet is the Referee. The Referee assigns the other officials to their specific tasks and positions at the meet and is responsible for ensuring that the meet is running on time and per the rules. The Referee can be identified as he is the official with the whistle.
- **The Starter:** The Starter's role is to ensure that each race is started safely and fairly. The Starter along with the referee, judges the starts to ensure that there are no false starts. The Starter is the person working the microphone saying those three important words "Take your mark".
- **The Stroke and Turn Judge:** The Stroke and Turn Judge may be positioned at the end and/or sides of the pool. The stroke and turn judge is the official that observes the swims that you may see raising their hand and writing on the clipboard. It is important to note that just because their hand is raised doesn't mean that a swimmer is disqualified. A raised hand indicates a possible disqualification. All disqualifications are reported to the Referee who has the final say to accept or reject the disqualification.



If you are interested in becoming an official, please contact an official to join us on deck to learn more. . No experience is necessary: the officials clinic will educate you about the process of observing swims. Getting out of the stands and joining the officials on deck is a great way to become more involved in your child's swimming and you get a better view too.

Dave Johnson, Official

ABCs of Mental Training (from www.USASwimming.org)

P is for Perfectionism

By Dr. Aimee Kimball, Mental Training Consultant

Wouldn't we all like to be perfect and live a Ferris Bueller type of life? Of course we would, but reality makes perfection pretty hard to achieve. I know far too many swimmers who, when they don't have the perfect race, are extremely hard on themselves. This article will focus on the concept of perfectionism and how to encourage individuals to be OK with being slightly less than perfect.

Striving for Perfection

Are you one of those swimmers who expects every race to go exactly as planned? If so, that's great! I love the optimism! Not to rain on your parade, but the likelihood of you dropping time in every event in every race you ever swim is kind of slim. Believing you can do it is fantastic because that demonstrates you have confidence in yourself, which is extremely important when it comes to sport. However, perfectionist thinking can create problems before, during and after races.

"Perfectionists" often have pre-race anxiety because they look around the pool, see whom they are racing, and assess how they will do in comparison. Totally normal, until people with this personality take it to the next level and have abnormal amounts of stress over the "what ifs" (what if I lose, what if I don't perform well, etc...). So while they have high expectations for themselves (which is good), they worry obsessively about perfection, which interferes with their performance.

I have worked with athletes who expect so much of themselves that if someone passes them during a race they give up almost on the spot. They unconsciously provide themselves with a reason why they didn't win. Basically, at the end of the race they can save their ego and tell themselves "I didn't try my hardest. That's why I lost." If you fall into this category, ask yourself, "Would I rather lose knowing I could have given more or swam my best and it not have been good enough?" Typically, the disappointment of not having been as good as you thought you were fades while the frustration of having given up lasts much longer.



After races, perfectionists often focus on what they could have done better. They may have won by a body length or dropped half a second, but they focus not on how well they did but on what else they could have done. As such, they are rarely happy with their performance and eventually their overall enjoyment of their sport will decline.

My advice? Strive for perfection but allow room for error every now and then. It's the pursuit of perfection that makes you great, not perfection itself.

But I've Been There Before

You may have had that one "perfect" race where you were confident, had a great start, flawless technique, sharp turns and a superb finish. It felt so good you just wanted to bottle it up and do that every time. It is good to believe you can have that type of race consistently. The problem is not in believing this can reoccur, it's in trying to force it and then being disappointed when it doesn't occur. When you force perfection, it doesn't happen. When you trust yourself to be as close to perfect as the circumstances allow, then you're giving yourself the best chance to at least be in the vicinity of where you want to be.

Perfection Continuum

Perfection doesn't have to be an absolute, it can be a matter of degrees. Evaluate your race on a continuum:

- 1) Awful—
- 2) Could Do Better —
- 3) Good—
- 4) Pretty Good—
- 5) What I Trained For

ABCs of Mental Training (cont'd)

If at the end of the race you can say to yourself, “That’s the type of race I trained to have,” you should be happy with your performance. You may decide your race was “pretty good.” Maybe it wasn’t exactly like you planned, but it had more of what you wanted than what you didn’t. That’s ok, too. Sometimes “pretty good” is good enough. I’m not suggesting you set out for “pretty good” before races, but sometimes you have to be OK with the way you swam. You don’t have to be elated, but you can be content. However, as I said before, you want to strive for perfection (i.e., work to have the race you trained for) not just to be content. If you fall in the “awful” through “good” categories, it is actually a good sign when you’re slightly unhappy because that means you’re competitive. If you have one of those not-so-perfect races, realistically evaluate what you did well and what you could have done better and use this evaluation to create goals for the upcoming practices and meets.

Keep at It

Wanting to be perfect is a great quality. Too many people waste their talent because “good enough” is always good enough and they are satisfied with just getting by. I’d take someone who is disappointed with anything less than perfection over someone who doesn’t even care. However, if you find that your perfectionist tendencies get in the way of your performance and enjoyment then maybe you need to give yourself some slack. You may just find that you’re actually much better when you expect perfection but allow yourself a bit of breathing room. Regardless, if you are less than perfect, keep working at getting there since hard work will at least get you closer to perfection.

Make it great!
Dr. Aimee

Happy Birthday Maverick Swimmers!

December 2010

Catherine Bachovchin	Laurel Bludgen	Emma Boddy
Ashley Buscher	Christian Carrier	Natalie Condie
Chris Dionesotes	Natalie Hey	Elizabeth Hollopeter
Katherine Horn	Joseph Howenstine	Ashton Howser
Sawyer Jackson	Stephanie Jackson	Kylie Jennings
Michael Johnson	Josephine Kinder	Julie Lang
Kelly Leonard	Tyler Leslie	Audrey Mendrys
Alexis Noe	Christian Nussbaum	Shaye Piper
Jasper Raines	Gabriella Ramos	Troy Salafatinos
Sarah Thomas	Britta Vaughan	Xiaoqi Wang
Ty Waterfield	Jackson Wigger	Hallie Wilkins
Reagan Williams	Kathryn Wyly	



Thank You to the 2010-2011 Parent Committee!

	Name		Name
Worker Coordinators	Tammy Kolbe	Hospitality	Mary Jacobs
	Mary Ann Pell		Jennifer McClure
Head Timers	Anna Budnik	Social Coordinators	Kristen Salerno
	Meg Lelko		Laurie Despot
Touchpads	Jim Boddy		Christy Forbes
	Anne Ruden		Megan Gabaldon
	Mike Phillips		Julie Rathje
		Special Events:	
		Banquet	
Officials	Troy Jackson	Banquet Slide Show	Jonel Gamilla
Clerk of Course	Michelle Gervais (9-10)	Team Pictures	Nancy Casselman
	Kathleen Flynn (9-10)	Indy Representative	N/A
	Ginger Kash (8&U)		
	Michele Wessel (8&U)	USS Meet Directors:	
Concessions	Al Glodowski	Maverick Roundup	Bruce Gidlow
	Jakie Aven	Maverick Winter Splash	Dave Sandberg
	Nalini Johnson	Feed the Fire	Jay Hines
Scoring	Lori Wyllly		
	Suzanne Kinn		
	Sue Wennlund		
	Amanda Hartley		
	Nancy Drapalik		
	Gina Lewellyan		
	Eric Wooten		
	Rita Carlen		
	Michael Guccione		
Ribbons	Constance Mika		
	Victor Salafatinos		
	Kathleen Noe		
	Steve Noe		
Time Drop Program	Lisa Lullo		
	Kathleen Riggs		
	Betsy Kluge		
	Lisa McSharry		
Apparel	Jane Lang		
	Jean Hailmann		
Directory	Deb Tatara		
Newsletter	Barb Ruvarac		
Website	Jay Hines		

20010-11 Time Drop Prizes:

- 5—Nutty Putty
- 10—Pick Up Stix
- 15—Maverick Baseball Cap
- 20—Sonic Rocks
- 25—Maverick Towel
- 30—Beanie Horse
- 35+—TBD Given at year-end awards ceremony



Heading to Indy? Check out the new logo for 2011!



Happy Holidays!



The Mission of The Maverick Swim Club is to provide the finest possible comprehensive aquatics program.

Our philosophy of "children first, swimmers second" creates an atmosphere where children learn valuable life lessons from their experiences in a competitive swimming environment.

We are committed to a structured yet fun-oriented program, which provides an opportunity for swimmers to develop to their fullest potential.



Trade Your Goggles For Skates



Trade Your Goggles for Skates...and join in the fun...

**All Maverick swimmers and their families are invited
On Monday, January 17th
From 1:00 -2:30 pm**

**At All Season's Ice Arena located at 31W330
North Aurora Rd. in Naperville**

**There is no charge to skate or for the rental of your
skates.... please bring a box of cereal per skater. The
cereal will be donated to Hessed House which is a home-
less shelter for battered woman and their children.**

Register on SuperMeets

**Any questions, please e-mail Kristen Salerno at
My3sonsKLS@comcast.net**

