



Maverick Swim Club
Naperville, IL

December, 2011

Inside this issue:

Coach's Corner	2
Birthdays	4
Official's Notes	5
USA Swimming Article	6
FMSC	7

Happy Holidays,

Hopefully everyone had a relaxing Thanksgiving holiday with friends and family, because the next two months will be the Christmas holiday sandwiched between busy swimming weeks. The first weekend in December had our team at two different meets, which we have to do at times due to the size of our club. The next weekend will feature the last meet available for swimmers to qualify for the Indy meet, the Lincoln-Way Holiday Splash Meet. Good luck to all swimmers striving to qualify for the Indy meet!

Next on December 28th, we will be boxing meals for our 4th Annual Feed My Starving Children Community Event. FMSC provides meals for many of the world's poorest children who otherwise would be starving; and educational and fun way for our swimmers to help the less fortunate. Our other normal winter break activity, Trade Your Goggles for Skates, will be coming in January – be on the lookout for date and time info.

Then on January 6-8th, we are hosting our second USS meet of the season, the Maverick Winter Splash, at Metea Valley High School. This meet will be as large as our Maverick Round-Up meet in November and represents one of our significant fundraisers of the year. The revenue that we receive from these meets is counted on as part of our annual budget and helps to keep our registration fees down. Thanks to all our families who have signed up to work at this meet. Maverick Round-Up was an overall success and our first meet with several families stepping up to larger roles. Special thanks to Billie Gerlach for her work as Meet Director.

Additionally, I'd like to make you aware of some of the actions being taken by Maverick and US Swimming around Athlete Protection. The headlines in the news the last couple of months should remind us to be diligent in protecting our young athletes from those that mean harm. One new program this year was US Swimming's Athlete Protection Training Program. All non-athlete US Swimming members (Coaches, Officials, Board Members, etc) were required to take a one-hour web-based class on athlete protection. Also, all the coaches and board members associated with Maverick as well as any US Swimming Club are required to have background checks that are kept up to date.

This training program is the first of several planned athlete protection training programs that will be available to US Swimming members. In development is a similar online training course for parents and athletes age 11 & over as well as education materials for parents to talk with athletes ages 10 & under. These voluntary and free programs are expected to launch in the first quarter of 2012.

On behalf of Maverick Swim Club, best wishes for the holidays,

Jay Hines

UPCOMING DATES

Dec. 10-11, Lincoln Way Holiday Splash @ LWCHS

Dec. 28, Team Event—Feed My Starving Children

Jan. 6-8, Maverick Winter Splash Home Meet @ MVHS



Coaches' Corner

Checking In With Ourselves

It's hard to believe that the Holidays are just around the corner. To me, this has always been mile marker in the season leading us into the home stretch. Sure there are still several more months of swimming ahead of us, but meets like Feed the Fire and JOs will be here before we know it. At this point in the season it is important we evaluate how far we have come and how much further we would like to go. December is a great time of year to do a mid season evaluation. When thinking about our season, time drops are not the only thing we should focus on.

Here are a couple other aspects to the sport to keep in mind:

Technique- By now all of the groups have spent many hours focusing on the technique of all four strokes. Think about what your technique looked like this past summer and at the beginning of the year. Has it improved? Have you implemented the focus of the drills you have done into your normal stroke? Hopefully, you have answered yes to both of these questions. As the season proceeds, think more and more about your technique and additional adjustments you can make.



Attendance- We know that the Maverick swimmers are very busy, but now is the time to step back and ask yourself if you have been coming enough. With the Holidays approaching many swimmers seem to be out of town or take their own personal vacations from practice. It is important that you make an effort to come to practice whenever you are available. Each night you come is a chance to improve and each missed practice is a chance for your competitors to train harder than you.

Social- Part of what makes swimming fun is getting to see your friends every night. While having your old friends there is great, make sure you are getting to know the other swimmers in your core group as well. Maverick Swim Club has a lot of swimmers and that means there are a lot of opportunities to make new friends!

Goals- Whether you have written them down or have them in your head, most swimmers have some sort of goals. Now is a good chance to see if you are on track to achieve your goals. If you have already achieved some of your goals, make new ones! Don't hesitate to talk to your coaches, friends or parents about your goals. They are here to support you and help make sure you achieve them.

Those are just couple check points that you can have with yourself as you head into the rest of the season. It is important to pat yourself on the back for the great season that you have had so far but also make sure you are now ready to step up your game.

Happy Holidays!

Core 2 Head Coach Mike Hubbard

Coaches' Corner (cont'd)

Parent Code of Conduct

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the sport is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of other children.
4. I will learn the rules of the sport and the policies of the club.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials, and spectators at every meet and practice.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, other parent, or swimmer.
7. I will teach my child to play by the rules and resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat others with swimmers, coaches, officials, and parents with respect regardless of race, creed, sex, or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of his/her performance.
10. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
11. I will emphasize skill development and practices and how they will benefit my child over winning.



Coach's Corner (cont'd)

12. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.

13. I will respect the coaches and their authority and decision making and never confront or question them during a competition, and will take time to speak with the coaches at an agreed upon time and place.



14. I will refrain from coaching my child or others during practices and competitions, unless I am one of the official coaches of the team.

15. I will not encourage any behaviors or practices that would endanger the health and well being of any athlete.

Core 1 Head Coach Missy Hines

Happy Birthday Maverick Swimmers!

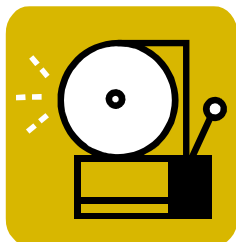
December 2011

Catherine Bachovchin	Laurel Bludgen	Emma Boddy
Ashley Buscher	Christian Carrier	Natalie Condie
Chris Dionesotes	Natalie Hey	Elizabeth Hollopeter
Katherine Horn	Ashton Howser	Stephanie Jackson
Kylie Jennings	Michael Johnson	Madison Korosec
Taylor Korosec	Julie Lang	Kelly Leonard
Tyler Leslie	Audrey Mendrys	Amanda Mizen
Alexis Noe	Christian Nussbaum	Pricila Olivas
Charlies Ovens	Mary Phipps	Gabriella Ramos
Julia Roller	Brad Sanford	Leah Shumate
Sarah Thomas	Emily Thompson	Britta Vaughan
Jackson Wigger	Reagan Williams	



Official's Notes

“Take your mark” –beep –beep –beep –beep –BEEEEEEP!



A couple of meets ago, you may have noticed a strange thing at the start, and wondered what the heck just happened. Normally, when everything is working well at the start of a race, the Referee extends his arm and the Starter says the three magic words “Take your mark”, followed by the beep to get the race under way. Despite our best intentions and preparations things, don’t always go as planned at swim meets. Although rare, sometimes it is necessary to recall a race and start it over. When things don’t go right, the Starter initiates a recall and the starting beep continues to sound while the Referee blast the whistle until all of the swimmers come to a stop.

So when is it necessary to recall a race? The answer may not be obvious.

False starts are never recalled. In USA Swimming, we utilize a no recall false start procedure. At the start of a race, if a swimmer starts moving prior to the starting sound and this movement is independently verified by both the Starter and the Referee, the swimmer is charged with a false start. The swimmer is then disqualified for a false start but, the race continues as normal.

Unfair starts are recalled. So what exactly is an unfair start? An unfair start is when a swimmer or a group of swimmers start early (prior to the beep) by reacting to something other than the starting tone. Common examples are a person in the stands yelling “GO!” right before the beep, a loud clap of thunder, or a chair that falls over. In the case of the meet a couple weeks ago, the cause of the unfair start was an inadvertent double beep from the starting system. Some of swimmers started as normal while others dove in, surfaced, and then stopped. The fault was not theirs and the officiating crew immediately recalled the race.

Another cause for an unfair start is a camera flash at the start. Not only do our timers start their watches with the flash from the starting system, but some of our deaf swimmers react to that flash as well. If someone is using a camera with a flash at the start, a deaf swimmer may react to the camera flash instead of the flash from the starting system. This is further complicated by the fact that some deaf swimmers look for the flash in a reflection on the surface of the pool. It is very difficult for them to tell the difference between a camera flash from the stands and the flash from the starting system.

You can do your part in helping us ensure fair starts for all swimmers by being quiet for the start and by not using flash photography.

Dave Johnson

Maverick Official

TUCK TO STREAMLINE

By Mike Mejia, M.S., C.S.C.S

Muscles Trained: Core

Importance to Swimmers: By incorporating dynamic flexibility with core strengthening, this demanding drill can help with both flip turns and improving your streamline position.

Execution: Sit on an exercise mat while balancing on your rear end. With your feet held just off the ground and arms wrapped around your shins, brace your core as you quickly extend into a streamline position. When your arms and legs are as straight as possible, pause for a split second before quickly curling back up to the starting position. Shoot for 10-15 repetitions.

Performance Tips:

- In the extended position, the only thing touching the ground should be your torso and hips; make sure your head, arms, and legs are a couple of inches off the mat.
- Be careful not to arch your lower back excessively to achieve the extended position, as this can result in injury. You want to maintain a neutral spine, where your core is engaged (lower back not excessively arched, but not flat against the mat either).
- Avoid "throwing" your arms forward to get back into the tuck position. Use pure core strength to get back up.
- Try going slowly at first for fewer reps, and progress to the version shown in the dryland training video on usaswimming.org when you get stronger.



A Chance To Give Back

Sign up Now!!

4th Annual

Feed My Starving Children

Mavericks Give Back

Wednesday, December 28th

For more details, go to

**SuperMeets on the Maverick
website.**



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.



Save the Date!

Monday, January 16th

Trade Your Goggles for Skates

Ice Skating Event!



Details forthcoming

