



Maverick Swim Club  
Naperville, IL

January, 2012

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## *Happy New Year!*

Hopefully everyone enjoyed their Holiday break, because you will likely find yourself at a swim meet on the weekends for the next couple of months! Winter Splash was another success – both for the swimmers and as a fund raising vehicle for the club. Thanks again to all the volunteers and committee heads for making everything run smoothly, and special thanks to Dave Sandberg for coordinating everything as meet director.

Another special thanks to all of you who supported the Feed My Starving Children Project on December 28th. **We had 195 participants who packed 144 boxes of food that will feed 85 children for a year.** Additionally, over \$1,100 was donated via the M&M tubes that were handed out at practices. If you were unable to attend our first community event don't worry, **Trade your Goggles for Skates is on Monday the 16<sup>th</sup>.** It's free and fun, just try to bring one box of cereal per skater to donate to the Hesus House - a homeless shelter for battered woman and their children. (Sign-up to attend via SuperMeets.)

After a couple of weekends off, we have the Jets meet then head to Indy for the Circle City Classic, our annual winter travel meet (Bring your football cards – you may be able to snatch some signatures from some NFL players in town!). February then has the Fox meet and then all the championship meets starting with Feed the Fire which we will be hosting again at Oswego East with the Delta Swim Club.

The Feed the Fire meet is our last hosted meet and is for swimmers that don't have many regional cuts, allowing them a chance to participate in a prelim/finals format meet. The top 16 swimmers in most events will come back to swim in finals in the evening, which produces fast swims and a lot of excitement (it was reported that the crowd on the 1<sup>st</sup> night of finals last year was louder than the high school state meet!).

Pay close attention to the check out rules for finals at the Feed the Fire meet or any other championship meet. If you don't intend to swim in finals, you must declare that at the scorer's table within 30 min of the end of the prelim event. If you don't opt out and you make finals, you have to swim or you will be scratched from the rest of the meet. Also, if your swimmer makes finals you will need to work a job during finals – the meet can't run without the volunteer workers!

### **UPCOMING DATES**

**Jan. 20–22, Joliet  
Jets Fabulous Fifties  
Meet @ OEHS**

**Jan. 27–30, Circle  
City Classic "Indy"  
Meet @ UIPUI**

**Feb. 10–12, Fox  
Meet @ NVHS**



## *Happy New Year (cont'd)*

Speaking of volunteering, the swim seasons and meets can't run smoothly without a lot of different families volunteering their time to help. Right now, the Maverick Board is looking for an additional member, someone that would like to focus on sponsorships. While we don't want our swimmers knocking on doors selling candy or doing swim-a-thons, there are other opportunities out there to raise funds and to keep fees down. If leading this effort sounds like it may interest you, please contact me for more details ([president@mavswim.org](mailto:president@mavswim.org)).

Lastly, we will be publishing registration materials for the summer long course season in February. The program offers swimmers additional work load and experience at long course meets while allowing them to participate in their neighborhood park district clubs at the same time. Be on the lookout for the materials for more info or ask your child's coach more about the program.

*Jay Hines, President*

## *Coach's Corner*

### **Are the cold water, early wake-ups, and repetitive laps really worth it?!**

Yes! I have loved swimming since I was six years old. Obviously, there has been a natural ebb and flow of my emotions associated with being a competitive swimmer (just ask Doug who was fortunate enough to coach me as a 13-14 year old). But as I have become an adult and a little more analytical and introspective, I have been able to step back and reflect on all the things that swimming has taught me due to its unique nature.

***In order to achieve, you must work hard...*** Because swimming is mostly an individual sport, your progress reflects the work you have put in. It is unlike a team sport where you can silently think that while you played your best, others did not, and therefore your team was not successful. Swimming allows kids to face direct cause and effect relationships, and give them the opportunity to change the outcome at the next meet if they were unhappy.

***Perseverance...*** Swimmers get stuck in ruts. It happens to everyone. I can remember being 9 years old and desperately wanting to break 36 seconds in 50 free. I battled with this time barrier for a majority of the season. To this day, I cannot tell you if my other strokes were improving. Most likely they were, but freestyle is what has stuck in my head about this particular season. Eventually, I



## *Coach's Corner (cont'd)*

dropped my time again and all was right with the world. But as this happened again and again in my swim career with other events, I continually had to teach myself to persevere – to refocus and push forward when it seemed as though as I was stuck.

***Time is valuable, use it well...*** Swimmers spend a lot of time improving in their sport... early in the morning, later into the evening, all weekend at swim meets. All of this lessens the amount of time that we have to complete homework, spend time with friends, etc. I always found that I was the most productive person when I was in season. Swimmers are typically great students and have a lot on their academic plate as well, but they learn at a young age to manage their time well in order to be successful in all areas of their lives.

***Winning (and losing) gracefully...*** It's right there on the wall at most swim meets, for all to see. Displayed prominently are every swimmers' place and time. This creates a harsh reality check at some meets, and helps to reinforce great practice efforts at others. But it is important for all swimmers to learn how to handle both their successes and setbacks. At every meet, we may face the same competitors and at each of those meets, the outcome could change. Being a gracious competitor fosters competitive friendships (both on our team and other teams) which help to push ourselves. How we handle defeat is just as important as how we handle a victory. I have seen swimmers as young as eight who truly understand that being friends with their competition is beneficial for all.

***Friendships...*** Swimming is not known as a social sport. How could it be?! As swimmers, we stare at a black line at the bottom of the pool for the duration of our practices. However, it is when our faces are out of the pool that swimmers take full opportunity to talk and make long-lasting friendships. Hours spent at a meet between events also provide many more opportunities for those friendships to be forged. Many of my closest friendships began at a pool. There is an innate understanding that swimmers have when they meet another swimmer and an instant connection can be made.

I participated in a plethora of sports growing up (ask my parents, there were many carpools to be driven), but by far, the most influential sport was swimming. As my feelings toward my own personal swim career ebbed, I had begun my coaching career. I will continue to stay involved in the sport of swimming due to all the lessons I learned as a child through it. As you jump into the cold water, drive to an early morning practice, or curse the fact that you once again have to do descending 100s realize that you are becoming a better person while also improving as a swimmer.

*Megan Mau, Pre-Core Head Coach*

## *Basic Indy Meet Info.....*

- ◆ Remember there is a ONE HOUR time difference! Also, lake effect weather can cause trouble heading into Indiana. Plan your travel accordingly.
- ◆ If this is your first time at the Natatorium, it goes without saying that you should allow extra travel time. Getting cars in & out of hotel garages takes time; getting parked at the Nat' takes time (you may have to wait in line to pay for parking); and you should definitely allow **plenty** of time to take in the scenery when you arrive in the main hall of the Natatorium. Stop at the glass windows & look at the facility – it is truly amazing.
- ◆ Spectator seating is available on either side of the pool. Look for the Maverick Swim Club banner to see where our swimmers are sitting together on deck. In past years, this has been on the west or right side (as you face the diving well) and close to the glass windows. You will find many Maverick parents seated above this area.
- ◆ Swimmers must be checked in 45 minutes prior to the start of their session. Positive check-in is located on the walls at the bottom of the stairwell as you come down to pool level. Access to this stairwell is near the parking garage entrance doors & rest-rooms at the east end of the upstairs hall.
- ◆ This is a prelims/finals meet for 13 & over swimmers, so scratch rules apply. This means if you are scheduled to swim in an event (prelims or finals) and you miss an event, you are automatically scratched from your next event. If you are unsure how to handle this, please check with your coach at the meet.
- ◆ Friday night events are limited to the fastest 5 heats. If you are unsure about whether your swimmer will compete on Friday night, please talk to your coach.
- ◆ You will notice that the main pool is divided into two pools (North & South). Be sure that your swimmer checks with their coach to find out in which pool their events will be swum. Typically, 11-12 girls will be in one pool while 11-12 boys will be in the other (the same theory applies to other age groups).



- ◆ As with all meets, pack healthy snacks and drinks for the meet and at the hotel. Concessions offered at the meet in past years have been limited to “stadium style” food (translation: hot dogs & nachos) and beverages.

*Good Luck Swimmers!!*

### *Competitive Opportunities: Age Group Swimming* (©USA Swimming/Age Group Swimming)

One of the benefits of your USA Swimming membership is the privilege of being able to compete in swim meets across the country. When you're first starting out, though, you will probably participate in competitions a little closer to home.

There are many different kinds of meets you can participate in, but most age groupers will probably be competing in local invitationals. These invitationals are usually held over the weekend and hosted by a nearby club – maybe even your own.

There are typically anywhere between 150 and 1,000 swimmers competing at these invitationals. That's a lot of people, but there's no reason to be scared. Your coach will be there with you to make sure you survive the experience, and your parents will probably be there to cheer you on.

With so many swimmers competing, some will be very fast, and some will be beginners like you. Don't be nervous. These meets are set up so that you are racing against kids your own age and pretty close to the same ability.

At most meets, you'll have the opportunity to win awards like ribbons or medals. But if you don't win right away, don't give up.

Remember, some of the USA's top swimmers like Michael Phelps and Natalie Coughlin started out swimming at these local invitationals just like you, and they probably didn't win their first races, either. The great thing about swimming is that you're competing against yourself more than against anyone else. As long as you keep improving your swimming skills, you're getting better, and maybe someday it will be you standing on top of the medals podium.

### *The Big Meets: LSC and Zone Championships* (©USA Swimming/Age Group Swimming)

As you get better, you might get good enough to compete at bigger meets with lots of other fast swimmers.

All these bigger meets have time standards or "cuts." That means you will have to swim a certain time in your event before you will be allowed to compete in these meets. The bigger and more important the meet, the faster you will have to swim.

One of the first big meets you might compete in is your Local Swimming Committee (LSC) age group championships. At these meets, you will still be competing against swimmers in your own age group, but they will be the best in your state or geographic area. It's easy to get nervous, but keep in mind, if you weren't fast enough, you wouldn't be able to compete at this level.

Even faster than your LSC age group championships are the Zone Championships. USA Swimming divides the country into four Zones – Eastern, Western Central and Southern – and each of these Zones holds at least one Zone Championships each year, usually in the summer.

At the Zone Meet, each state or LSC fields a team of its top age group swimmers to compete against the other states or LSCs within that Zone. For example, in the Central Zone, Indiana Swimming will compete against teams from Michigan, Ohio and Illinois Swimming. Instead of competing for your club, you are representing your state or LSC and might find yourself on a relay with other top swimmers from your LSC. Zone meets are the top age group meets you can compete in around the country.

*Happy Birthday Maverick Swimmers!*

*January 2012*

**Grace Abbinante**  
**Grace Condie**  
**Shayna Fee**  
**Madelyn Konrad**  
**Anne Loffredo**  
**Melissa Patterson**  
**Keegan Reilly**  
**Carlyn Sokol**  
**Rhea Waghray**  
**Hannah Wessel**

**William Ao**  
**Dillan Cox**  
**Sabrina Gafrick**  
**Natalie Lafferty**  
**Steven Missak**  
**Henry Paul**  
**Margaret Smith**  
**Jessica Sonner**  
**Nicholas Walker**  
**Jonathan Wrobel**

**Margaret Chong**  
**Logan Cox**  
**Taylor Klaiber**  
**Sydney Lobdell**  
**Claire Ovens**  
**Grace Rathje**  
**Cameron Snyders**  
**Halle Spanke**  
**Alexander Walter**  
**Alice Zhou**



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.

