



Maverick Swim Club
Naperville, IL

November, 2010

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UPCOMING DATES

Nov. 6-7- Maverick Round-Up @ NCHS

Nov. 19-21 West Chicago Fall Fling @ WCHS

Nov. 19-21 Fall Western Great Lakes Open (Genesis) Lake County Swim Team

Hello Again Maverick Families,

By now we are in full swing for the 2010-2011 season and I hope everything is going well. In this month's newsletter I am going to address several issues related to meets and meet entries.

First let me address the seed times with which swimmers are listed on our entries and may show up at the meet as their seed times. Maverick Swim Club submits entries to the host club of a meet approximately 5-6 weeks prior to the meet. The entries are submitted with the most recent time that is currently in the Maverick database. As an example, the West Chicago meet entries were due October 15th. By the time the meet starts, we will have participated in 3 meets. Because of when the entries were due none of these times will be used for seeding. On occasion, teams may ask for an updated entry with times that are more current. We submit them but there is still no guarantee that the host will use these for their seeding during the meet.

The next item I am going to address is our online meet entries. As noted above, meet entries are due to the host club weeks prior to a meet. Maverick Swim Club closes its meet entry a week or two prior to this deadline so that our coaches can review the swimmers entered in the meet and select events for each swimmer. Because of this once the online meet entry deadline has passed we cannot add additional swimmers. Please do not contact the office trying to get your swimmer entered if you missed the deadline as they will not be entered. There are plenty of other meets on the meet schedule to enter your swimmers.

The last topic I will cover this month is the entry deadline for our travel meet in January to Indianapolis. **YOU MUST SIGN UP FOR THE INDY MEET THIS YEAR.** This is an important change from past years when all qualified swimmers were automatically entered. Maverick Swim Club must submit entries on December 15th. If we get results in time from our Lincoln Way meet, this will be the last opportunity that swimmers have to qualify for Indy. We will do our best to get the meet results from Lincoln Way in order to give our swimmers the opportunity to swim in the Indy meet in January.

That's all I have until the next newsletter. I am looking forward to Maverick Roundup coming up in a few days as it should be a great meet with some very good competition from other area clubs. Thanks in advance to all of our volunteers for helping make sure the meet runs well and the swimmers have a great experience!

Swim fast,

Bruce Gidlow



Coaches' Corner

Everything Is In A State of Mind or Flux

I was talking with my good friend Nick Walker this summer who asked me an excellent question at the end of 14& under Jo's. Nick had just finished JO's competing in 6 events, and had scored in two of them. He and the team had an excellent summer. He wanted to know if swimmers always stay in the same order of finish throughout their careers? My answer to him then and now is absolutely not! What each and every one of you has to remember is that you all control your own destiny. The sport of swimming is a marathon, and not a sprint. You are always looking to swim for the future. You have to take it one swim at a time, one meet at a time, one season at a time, one year at a time. If you didn't do as well as you wanted to do last year, you can change that with more commitment and hard work this year. The better you become, the more commitment you will need to put in each and every season to be the best you can be. To illustrate my point, in 2009 I was fortunate to coach three seniors who didn't score in an individual event at JO's when they were 14. Yet through commitment and hard work, Joe Ciliak, Chris Depew, and Ben Reasons were all able to score in the top 6 at the boy's state meet in the 100 Breast, 200 I.M., and the 100 Breast. Things and places are never set in stone if you have the commitment, dedication, and perseverance to make it happen.



Having been in the sport a couple of years, here are some things a young swimmer shouldn't do. Don't think too much! Thinking too much is great for school, but not for swim team. Before you race, think about a point to work on. **BUT DON'T THINK TOO MUCH!** Be relaxed, loose, and in the moment while you race.

Do not get caught up on your times. Unfortunately, you will not improve or swim fast every time you swim a race. However, if you are going to practice and working hard, **GOOD THINGS WILL HAPPEN!**

Also, and this is really important, **DON'T WORRY AND DWELL** on your performance, good or bad. Nothing good can result from you putting more pressure on yourself to perform. In fact, the less pressure you as a swimmer, mom or dad, and your swim coach put on you, the better you will be and the better you will perform in a meet!

Another Mikeism, be careful of who you listen to. To whom are you listening? Unfortunately, in all levels of swimming, people have opinions and thoughts, most of which don't matter. Don't get psyched out or down on yourself because someone is trying to put you down or tells you what you should be doing. I hear this all the time. Stay true to yourself and believe you can be good and that you will succeed. **NEVER LISTEN TO ANYONE WHO TELLS YOU THAT YOU CAN'T DO IT!**

Above all, hang in there. *You can do it!* You have to stay with it. There's no quick fix. In

Coaches' Corner (cont'd)

many ways swimming is a metaphor of life. The sport prepares you for the world that awaits you. You have your ups and downs, but ultimately you will come through. Once you do, you know you will come through again and again.

Finally, we have a variety of swimmers on our 400 plus Maverick Swimming Team. We are all at various phases of our careers. Each and every one of you are good swimmers and valuable members of the team. Even though I may not coach you directly, I root for each and everyone of you to succeed. All of you have the capability to be very good. You may not know it yet, but you will be good in your swimming career. You just don't know it yet!

Coach Mike Adams



Congratulations to Andrew Eiken and Nate Weeks for being named to the USA Swimming Scholastic All-America Team!

Each year, USA Swimming recognizes its members who excel both in the classroom and in the pool. The Scholastic All-America Team is made up of high school student-athletes who have a grade point average of 3.5 or higher and who have achieved the required time standard in a single event.

Way to go Andrew and Nate - we are proud of you!

The following is a list of those athletes recognized at the Athlete Recognition Banquet from Illinois Swimming:

This is a following list of Maverick Swimmers who had a top three time in an individual event during the 2009-2010 swim season:

Daniel Chong	Andrew Eiken	JP McAweeney
John Moosemiller	Keegan Riggs	Phillip Sajaev
Megan Sellers	Danny Tucker	Nate Weeks
Tony Zhang		

Official's Notes



For new families to the sport of swimming, what is happening in the water and on the deck can be more than a little confusing. As we approach the main part of our season, it may help for parents to understand a bit more of what is happening with their children's swims. The coaches have been spending lots of time at practice with our children to help improve their strokes to swim them legally and improve their times. The officials are there to help run the meet and ensure that the swims conform to the rules. But what constitutes a legal swim from an illegal one? The rules that USA Swimming uses are set

by FINA, the international swimming organization. USA Swimming's rules can be found at www.usaswimming.org

Included below are some of the most common stroke infractions or disqualifications seen in the water:

Freestyle: *Walking on the bottom, pulling on the lane line, not touching the wall on a turn, or not completing the distance.*

Backstroke: *Multiple pulls or kicking into the wall once a swimmer has turned on their stomach to perform the flip turn, turning onto the stomach before touching the wall with the hand at the finish of the race.*

Breaststroke: *An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish, or with a non-simultaneous two hand touch.*

Butterfly: *Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke or flutter kick; touching with only one hand at the turns or finish, or with a non-simultaneous two hand touch.*

Your child should check in with their coach on deck after their race to get feedback on their latest swim. Their coach can give them important tips on how to improve for their next race. If your child is disqualified during one of their swims use it as a learning experience for future improvements.

In addition to the technical rule information mentioned above parents, can also visit the Illinois Swimming website, www.ilswim.org. This website can help to find events occurring in the state and also includes information such as time standards for JO's and Senior Championships.

Dave Johnson

Maverick Official



Nutrition Center

Nutritional Cheat Sheet PART ii

BY MIKE MEJIA, M.S., C.S.C.S//Special Correspondent © USA Swimming

There are a couple of steps you can take the day of the meet to help make sure that you perform at your best.

Eat Breakfast

Start out with a proper breakfast. This does not entail grabbing a bagel with cream cheese and eating it in the car with a large orange juice on the way there. The bagel, especially if it's made with white flour can really jack up your blood sugar levels. Granted, the fat in the cream cheese will blunt this affect somewhat, but add in the OJ and you'll be all fired up for warm-ups and likely crash shortly thereafter.



The best-case scenario is to sit down and eat some slow cooked oatmeal (prepared the night before) with fruit, or some eggs and whole grain toast, or whole grain cereal with skim, or low fat milk. If it's an early meet and you must eat on the run, at least make it a whole grain bagel with peanut butter, as the these two foods together make up what is known as a complete protein by providing your body with all the essential amino acids it needs. Trade in the OJ for a lower sugar sports drink and you're good to go. Some more foods to stay away from include bacon, sausage, croissants, doughnuts and sugary breakfast cereals.

As far as what you should have in your bag for snacking, I think the best way to address this is with a list of what you should bring, vs. what you should not bring.

What to Bring:

1. At least 32 oz. of water to drink during and after the meet.
2. No more than 16-20 oz. of sports drinks that meet the above criteria.
3. Energy bars: Try to stick with bars that have less than 10 grams of fat, and less than 35% of their calories from sugar (the lower the better). To calculate this: multiply the number of grams of sugar by 4 and then divide that number into the total calories. Some recommended brands include: Kashi TLC Bars, and Odwalla Bars.
4. Whole grain pretzels, crackers and cereals.
5. Nuts, seeds and dried fruit (in limited quantity due to the relatively high sugar content).
6. Lower Sugar Fruits: Strawberries, Apples, Cantaloupe, Blueberries, Raspberries and peaches.

Nutrition Center (cont'd)

What not to bring, or bring less of:

1. Chips of any type. Most are loaded with fat and calories.
2. Goldfish, Cheese Nips, or any other types of crackers made with white, enriched flour.
3. White Bagels and Breads.
4. High Sugar Fruits: Bananas, Raisins, Pineapple and Grapes.
5. High Sugar Energy Bars: Many types of Power Bars fall into this category.
6. Fruit Juices of any type: Too high in sugar and don't clear the gut as rapidly as sports drinks, possibly leading to stomach cramping.
7. Soda. This one's an absolute no-no!
8. Cookies, candy, gummy bears, or anything else along those lines.



Happy Birthday Maverick Swimmers!

November 2010

Karolis Arnatkevicius	Ariana Budnik	Ryan Budnik
Brian Calabrese	Eric Curia	Paige Davis
James Dillman	Piper Fenner	Hailey Finch
James Fox	Margaret Fox	Aidan Glass
Emily Huang	Carolyn Imburgia	Lisa Johnson
Nicole Kolbe	Olivia Korensky	Alison Laper
Mary Lelko	Audrey Lovick	William McDonald
Jaclyn Mehring	Amelia Mendrys	Garrett Nash
Matthew Salerno	Jessica Sanford	Samantha Schmitz
Megan Sellers	Connor Walsh	Nathaniel Weeks
Sydney Weeks	Noah Wood	David Xie
Albert Yao		



A Chance To Give Back

Save the Date!!

3rd Annual Feed My Starving Children

Mavericks Give Back

Wednesday, December 29th

9:30—11:30am

More details to come in December Newsletter



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.

