



Maverick Swim Club  
Naperville, IL

October, 2010

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#### **UPCOMING DATES**

**Oct. 16/17-Fox First  
Splash Swim Meet @  
NVHS**

**Oct. 23/24-Scout  
Spooktacular Meet @  
Lake Forest HS**

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

## *Welcome Back!*

Welcome new Maverick families and welcome back returning Maverick families. I hope you're as excited about this new season as I am!

As we start this new season I would like to acknowledge several changes we have this year. First, we have returned to breakout groups for our Core 1 and Core 2 swimmers. By taking these breakout groups 3 days per week we are allowing the coaching staff to give a little extra focus on technique in a smaller setting. Coach Kelle Lalko and Coach Mary Ann Fafara are leading these breakout groups.

Our second change is that we have Megan Mau taking over as the PreCore Lead coach as Coach Lalko moves to the breakouts. Coach Megan is a former Maverick swimmer and is in her 3<sup>rd</sup> year of coaching with Mavericks. She was our Lead Mighty Mavs coach last season and teaches in the Dist. 203 school system.

We are also very happy to be able to rotate all of our practice groups through Metea Valley High School. It is a brand new school and pool (the pool has only been open since February 1<sup>st</sup> of this year). We are glad we could add the 8-lane pool plus its 3 practice lanes to the group of facilities we use. We started using this facility this past Long Course season and will host our Winter Splash meet there in January.

Lastly, we have resumed using Supermeets for our meet sign-ups. Once again, the board has listened to our membership's feedback and changed back to Supermeets for this task. This change allows families to sign up for future meets and see who else is entered in the meet. If you have any questions on the meet entry process, please contact the Maverick office for help.

Finally, please let me remind everyone of a few things. We are guests at each of our facilities and must treat them with the utmost respect. If you are waiting for your swimmers and have other children with you, please make sure they are respectful of the practice going on and do not cause any distractions. Also, please make sure you pick up your children promptly when practice ends. Our coaches will not leave the practice facility until all of the swimmers have been picked up, but we want to get them home to their families as soon as we can.

We are very excited for the start of the season. If you have any questions or suggestions as the season progresses, please feel free to contact the Maverick board or administrator with your thoughts.

Swim fast,

Bruce Gidlow



## Coaches' Corner

The Maverick coaching staff and I welcome you to another season of Maverick swimming. This season we started using a great new facility, Metea Valley High School's pool. As many of you may have noticed at time trials, the pool is fast, the deck is conducive for a swim meet, and the stands have plenty of room. We look forward to building a great relationship with this new pool and continuing the relationship with our existing facilities.

Time trials were very well executed and the kids swam well. This meet is the first opportunity for the swimmers to establish their baseline for time drop awards. Time drops are accumulated every time a swimmer beats their previous best time from the current season. So time trials gave the opportunity to get the first legal swim of the season.

Even though the event is for the kids, the club as a whole should be proud of the efficiency of our meets. Our officials and volunteers worked together in a new facility to keep the meet running on schedule. Thanks to everyone who helped.

A couple of observations from the meet that will help the swimmers get more out of their competitions:

- ***Please arrive 15 minutes before warm-ups are scheduled to begin.*** This will ensure plenty of time to get situated, suits and goggles ready, and checked in.
- ***Check-in: Almost all of our meets are positive check-in meets.*** Only conference and end of season championship meets are not. The check-in process closes 30 to 40 minutes before the meet starts so the meet can be properly seeded and heat sheets printed. Swimmers that don't check in may not be able to swim their registered events or possibly any of their events depending on the open lanes available. Best bet is to be sure to check-in before warm-ups.
- ***Only coaches, meet personnel, and meet volunteers are allowed on deck.*** For liability reasons, people not assigned to work on the deck, or not registered as a member of USA swimming are allowed on deck. This is for your swimmer's safety, so please enjoy the meet from the stands or team area outside of the pool deck.
- ***Talk to your coach right after your swim.*** The coaches are on deck to watch swims and give feedback. Keep in mind that the coaches are watching many swimmers, so it's important to talk to them right away.
- ***We will be doing fly over starts at our meets.*** In order to keep the session timelines manageable, the officials will use flyover starts in all events except backstroke. Please take time to review the safe way to wait for the next start with your swimmer:
  - Finish your race.
  - Move to the corner of the lane so you don't get hit by a false start.
  - Don't hang on the block.
  - Wait for the next heat to start.
  - Promptly exit the pool.

## Coaches' Corner (cont'd)

### Practices:

Practices are going well so far. Check the schedule regularly for changes or cancellations. The facilities we use are shared and there are often exceptions. That said, please help us keep the good relations we have with our facilities. You can do this by:

- **Keeping the stands and deck clean.** Please pick up any trash you may have created during practice. Even helping pick up the area if we didn't make it helps.
- **Make sure the swimmers are not lingering in the locker room.** This unsupervised time tends to lead to unintentional (sometimes intentional) vandalism to our host's facilities. If you have swimmers under the age of 12, please make sure they are being checked on. The coaches will periodically monitor the locker rooms, but their primary duty is to coach and keep the deck safe.
- **Pick up your swimmers on time.** A coach will be present at a facility until the swimmers are gone. Being late to pick up your swimmer is a hardship on the coach. If an emergency happens and you know you will be late, please try to contact your swimmer or coach to let them know.

### Attendance:

Attendance percentages are being posted online. We don't publish swimmer's names online for many different reasons. If you don't know the code for your swimmer either have your swimmer ask their coach, or email the lead coach. They will know your code.

### Meet Entries:

Many people have asked how meet entries are done. Here is the entry process and rough time line:

- ◆ The coaches put together a tentative meet schedule that is posted on our website.
- ◆ The swimmer's family uses their SuperMeets account to sign up for meets. The swimmer is responsible for all entry fees for the meets they sign up for, regardless of their attendance. Please watch the deadlines for choosing to swim in a meet.
- ◆ About seven weeks before the meet, information is published and distributed to invited clubs.
- ◆ A few days after receiving the meet information, the coaches choose what events an available swimmer *won't* swim. Typically, only one event is scratched per day.
- ◆ The turnaround time to compile and return an entry before the deadline is about two weeks.
- ◆ The host club confirms entry acceptance within two weeks of the entry deadline. The entry deadline is usually a month before the meet.
- ◆ Meet entries get posted on the website.



## Coaches' Corner (cont'd)

Coaches select events for the swimmers based on what many different criteria. There is no set method to what events a swimmer is removed from. Selection criteria can be:

- Is the swimmer capable of completing the race legally?
- Does the swimmer have a time in the event?
- Does the coach need a time in a particular event to help qualify championship relays?
- Has the swimmer expressed an opinion to the coaches of a preference?
- Does a coach want to evaluate an event for a swimmer?
- Does a meet's event limit the number of swims available?

Is Maverick limiting its entries for time line purposes?

All of this information is very subjective and decisions are made with the information available at the time of entry. Inevitably, a few swimmers begin to excel or like events after the entries are completed. The coaches would love to be able to change the entries, but that isn't always possible.

The size of Maverick Swim Club ranks in Illinois' top five. Even though host clubs generate great revenue from us, we can present a problem. Last minute changes place a huge demand on organizing a meet. Just like our club, the people organizing these meets are volunteers and have limited time to give. If we start asking for changes, we might not get invited back.

Maverick remains sensitive to the issues of hosting a meet and the swimmer's needs. The coaching staff works very hard to maintain relationships with other club coaches. This helps us be welcome at their meet, and occasionally try to make changes based on entry process mistakes on our side or the host club. Parents can help make everything go smoothly by doing or considering the following:

- Make sure to register for meets by the deadline maverick posts, not the entry deadline in the meet packet. Remember, some events are always only offered on Friday nights.
- You will lose your entry fees if you don't make it, but you will be guaranteed a swim if you can.
- Encourage swimmers to talk to their coaches about what events they like and don't like. Just remember, everyone can't dislike butterfly.

Direct additional questions to the [lead group coach](#), not the entry person or the administrative assistant. The coaches can't help a situation if they don't know there is one. If you don't get an answer, ask coach Doug.

Please email any questions to: [doug.helm@mavswim.org](mailto:doug.helm@mavswim.org)

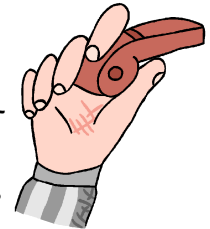
Questions can be answered individually upon request.

Coach Doug

## Official's Notes

Parents, you can help our meets run on time and stay within our time limits by reminding your swimmers to follow the whistle commands given by the Referee. Teaching our swimmers what to do with the whistle commands given by the Referee will help our meets run more smoothly.

The Referee will give a short series of whistles, or chirps, to alert the swimmers to “get ready”. This series of 3-5 whistles is normally given when the final swimmer in the previous heat has half a length or less remaining in their race. The swimmers behind the blocks should be ready to swim when they hear the chirps, sweats off, cap and goggles on.



On the non-backstroke starting events, freestyle, butterfly, breaststroke, individual medley, and free relays a single long whistle is then given to indicate to the swimmers to step up onto the blocks. This single long whistle also indicates to the spectators that they need to be quiet for the start of the race. At this point the Starter takes over to give the “Take your mark” command. This is followed by a “beep”, indicating the start of the race.

In backstroke and medley relay events the procedure varies only slightly. After the chirps the Referee sounds a first long whistle indicating to the swimmers that they should immediately enter the water. Then the Referee sounds second long whistle, the swimmers then need to return immediately to the starting position (a legal backstroke starting position). The Starter then takes over as above.

Parents, helping your swimmer understand these commands will help the officials run the meet on schedule so everyone gets to swim and we finish on time. We appreciate your help.

-Dave Johnson

Interested in becoming an official? You can shadow an official for a session to learn more about swimming and the role of the official. If you are interested in becoming an official please contact an official to join us on deck to learn more. 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.

## Milk does a body good, especially athletes



(AP) – Sep 7, 2010

LONDON — At the end of nearly every training session, Matt Whitmore downs a pint of milk straight from the bottle.

"I do it pretty religiously," said Whitmore, 25, a gym trainer in London. He first started drinking milk after exercise about 10 years ago when he couldn't afford expensive supplements or protein shakes. "Milk helps me recover faster and I feel great afterwards," he said. "And now, I hate to train without it."

Researchers are giving scientific support to a view that Whitmore vouches for from experience: that milk may be just as good or even better than sports drinks for serious athletes recovering from exercise. The health benefits of milk - which has carbohydrates, electrolytes, calcium and vitamin D - have long been established. But for athletes, milk also contains the two proteins best for rebuilding muscles: casein and whey.

Muscles get damaged after an intense bout of aerobic exercise like running, playing football, or cycling. The casein and whey proteins in milk are precisely what the body needs to regenerate muscles fast.

Glenys Jones, a nutritionist at Britain's Medical Research Council, said milk's protein content makes it an ideal post-exercise drink. "Milk provides the building blocks for what you need to build new muscles," said Jones, who has no ties to the dairy industry.

She said sports drinks mainly replace lost carbohydrates and electrolytes, and don't usually have the necessary nutrients for muscles to regenerate themselves.

Experts have generally been divided over whether milk outperforms sports drinks. Dairy producers have been eager to break into the multibillion-dollar market, often sponsoring research into milk's athletic benefits that some call biased. So the debate continues, but milk has been getting a lot of attention.

In a study published in the journal *Applied Physiology, Nutrition and Metabolism* in June, researchers found people who drank milk after training were able to exercise longer in their next session than people who had sports drinks or water.

"It's the form of the carbohydrate and the nutrients in milk that is most important," said Emma Cockburn, a lecturer in sports coaching at Northumbria University in northeast England who led the study, which was partially paid for by the dairy industry.

Cockburn advised athletes to drink milk immediately after working out. "The damage caused by exercise leads to a breakdown of the protein structures in your muscles, but that doesn't happen until 24 to 48 hours later," she said. If athletes drink milk right after training, then by the time it is digested, the milk's nutrients are ready to be absorbed by the muscles that have been hurt.

Drinking milk also may help athletes recover quicker if they are performing multiple times in a day. For people who can't stomach the idea of plain milk, experts recommend adding some chocolate or

## Milk does a body good, especially athletes (cont'd)

other artificial flavor. At the Beijing Olympics, six-time gold medallist Michael Phelps regularly downed a flavored milk drink in between races.

Scientists at Loughborough University have found low-fat milk is better than sports drinks for replacing fluids lost during exercise. Scientists suspect there may be two reasons for that. Not only does milk have a lot of electrolytes, but it is emptied from the stomach more slowly than sports drinks, keeping the body hydrated for longer.

Though the vitamins and proteins found in milk are present in soy milk or dietary supplements, experts say milk has better proportions of those nutrients.

Milk also may help athletes shed fat and build muscle. In a small Canadian study, experts found women who drank milk after lifting weights gained about 4.4 pounds (2 kilos) of muscle and lost about the same amount of body fat. Women who drank sports drinks put on about 3.3 pounds (1.5 kilos) of muscle but didn't lose any body fat.

"It may be that some of the components of milk - the protein, the vitamin D and the calcium - act in a synergistic fashion to promote fat loss," said Stuart Phillips, a professor of kinesiology at McMaster University who led the research. Phillips has advised the Canadian Olympic Association about milk and the dairy industry paid for part of his research.

But some experts warned that drinking milk after exercise isn't for everyone. Catherine Collins, a spokeswoman for the British Dietetic Association and a dietician at London's St. George's Trust, said while milk may be beneficial for elite athletes who burn thousands of calories a day during their intensive training, occasional gym-goers may be better off drinking sports drinks or plain water.

"If you're just a gym bunny trying to lose a bit of weight, water is probably sufficient after exercise," she said, warning that chocolate milk in particular could add unwanted calories.

At the Vancouver Olympics, dairy farmers trucked in about 85,000 extra quarts (80,000 liters) of chocolate milk. Canadian athletes won a record-setting 14 gold medals. "I don't know if the milk helped, but it can't have hurt," Phillips said.

Still, even those who promote milk as a recovery drink say it cannot entirely replace sports drinks. Because it is harder to digest, people should only drink milk after they are finished exercising, not during.

In comparison, sports drinks like Gatorade have easily digestible sugars so athletes can chug it during events to get an instant boost.

Whitmore says it may be a tough sell to persuade people to swap their sports drinks or even water, for milk. "Most gym goers have very particular routines," he said, acknowledging he takes a bit of ribbing for his milk habit from his rugby teammates. "They call me the Milky Bar kid."

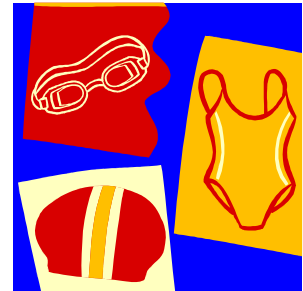
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## What To Bring To A Meet...

First of all, **label everything** - the floor of the team area looks much like a messy laundry room! It's also a good idea to get your swimmer into the habit of keeping their goggles with them at all times (around their wrist or tucked in a suit). Goggles left on the blanket/floor are often lost or stepped on. Some ideas of good things to bring:

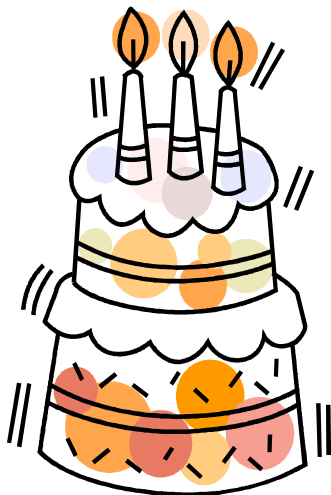
- ☑ Blanket, towel, sleeping bag, etc to sit on.
- ☑ Maverick Swimsuit
- ☑ Maverick Team Cap (or two, in case of a malfunction).
- ☑ Goggles (bring a spare pair in case of loss or breakage).
- ☑ Several towels (swimmers are in & out of the pool many times).
- ☑ Warm clothes (bring extra – soggy clothes can make for an unhappy & cold swimmer).
- ☑ Drinks & healthy snacks for swimmers & parents
- ☑ Fun things to do with friends – games, playing cards, crafts... Leave the football and other active games at home—horseplay is not allowed in the team area.



- ☑ A highlighter for positive check-in & a pen or marker for writing events, heat & lane on your swimmer's hand.
- ☑ Chairs for Mom or Dad to set up in the team area (beats sitting on the floor!).

## Happy Birthday Maverick Swimmers!

**September:** Brittney Coblentz, Adam Cook, Alexander Diener, Andrew Eiken, Olivia Eiken, Anthony Finch, Benjamin Forbes, Emily Gossett, William Lapsey, Ryan Lewellyan, Nora Lullo, Divya Madupu, Colleen McCormack, Brigit McDonnell, Thomas Paltzer, Alexa Puccini, Callaghan Riggs, Claire Russell, Kelsey Ryan, Nicholas Scotti, Gabrielle Snyder, Baxter Steiner, Tatum, Stensby, Griffin Sturtz, Brett Urbas, Emma Wagner, Taylor Wessel, Elizabeth Wylly, Beatriz Zepeda-Almazan, Tony Zhang



**October:** Elyse Bowman, Ella Carter, Sean Cavenagh, Sayre Chick, Savannah Corallo, Ellen DeTurriss, Jessica Deutsch, Alex Dillmann, Sophia DiMonte, Alexandra Draganescu, Ryan Flynn, Jeddrick Gamilla, Eric Gerlach, Allen Gu, Jason Gu, Brenna Hill, Emma Ilseman, Susannah Ilseman, Matthew Johnson, Rosemary Kenny, Laura Kluge, Daniel Large, Adam Lowers-Esmail, Emily Magee, Grace Malinger Elizabeth Martinson, Amanda May, Madison Nervig, MacKenzie Organ, Megan Phillips, Sofia Prorok, Maggie Ruble, Samantha Ruvarac, Madison Satinover, Jackson Schroedter, Jacob Smith, Lauren Spangler, Shealyn Streder, Pietro Suero, Madeleine Thompson, Joseph Tomashek, Steven van Deventer, Alec Williamson, Kyle Wright, Davis Zhang,