



Maverick Swim Club
Naperville, IL

October, 2011

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Welcome!

Welcome to the 2011-2012 short course season of Maverick Swim Club. Our staff is excited to be coaching your swimmers again this year. If you are new to the club, we look forward to making your "Maverick" experience a great one. Our club is the largest we have ever been and all practice groups are filled with many new faces.

We had a very successful summer long course season which included many outstanding individual performances. At the age group championship meet, Phillip Sajaev and Matt Salerno each won state titles. Phillip finished first in the 50, 100, and 200 breaststroke and Matt finished first in the 100 breaststroke. Phillip's 200 breaststroke swim established a new state record. Andy Eiken qualified for the Long Course Junior National Championships where he competed in three events.



The coaching staff of all groups will be once again conducting dive evaluations for new swimmers during practice. The certification process was adopted by USA swimming two years ago and the club is adhering to the policy. Swimmers will be allowed to dive in a meet after they have been trained and had a shallow racing dive observed by one of the USA Swimming certified Maverick coaching members. Group coaches will let the swimmers and officials know who cannot safely dive off the block. Please

help the club encourage the certification process. We have witnessed other teams that are not as diligent in adopting USA Swimming's policy in meets. We really don't know what they teach, so please don't compare what other teams are allowing versus what we will allow. Remember, the swimmer's safety has to come first.

The meet schedule has been finalized. Please remember to sign your child up by the deadlines. We are a large club and need to make sure the meet entry is done on time. Also keep in mind that the January INDY trip qualification period ends in early December. Try to get enough chances for qualifying times by the West Chicago meet.

UPCOMING DATES

**Oct. 15-16-Fox First
Splash Swim Meet @
NVHS**

**Oct. 29-30-Scout
Spooktacular Meet @
Lake Forest HS**

**Nov. 5-6- Maverick
Round-Up @ NCHS**



Coaches' Corner

We would like to thank all of our facilities that we rent from. Without their support and cooperation, the Maverick Swim Club could not be a successful organization. The club reminds all members to help keep our facilities clean and orderly. A little extra care goes a long way in maintaining a positive relationship with the owners.

Watch for future editions of coach's corner throughout the season:

November - Coach Missy	Meet Reminders
December - Coach Mike	Team Goals
January - Coach Kelle	A newcomer's perspective
February - Coach Mark	Championship Season

Here's to a fun season with lots of fast swimming!

Coach Doug and Coach Mark



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!).



Official's Notes

Help our meets run on schedule

Parents, you can help our meets stay within our time limits by reminding your swimmers to follow the starting procedures from the officiating crew. New swimmers are sometimes confused by what is supposed to happen at the start of race. Even swimmers coming from the Naperville Swim Conference will see new and different things occurring at the start of a USA Swimming competition. To help our meets run as quickly as possible, the officiating crew uses both whistle commands and flyover starts to keep the meet on pace.

Whistle Commands:

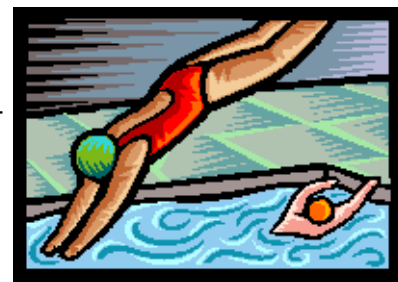
The Referee will give a short series of whistles, or chirps, to alert the swimmers to “get ready”. This series of 3-5 whistles is normally given when the final swimmer in the previous heat has half a length or less remaining in their race. The swimmers behind the blocks should be ready to swim when they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

Flyover Starts:

At the conclusion of all races, swimmers need to stay in the water when they are finished swimming. The purpose for remaining in the water at the conclusion of the race is so the next heat of swimmers can start their race without delay. After the next heat of swimmers splash (enter the water), the swimmers from the previous heat should climb out. There are three exceptions to this: 1) If the next race is started with backstroke, then swimmers may exit the water upon finishing. 2) If the race is a single length of the pool, the swimmers should exit without delay 3) If the Starter or Referee request the swimmers to please exit the pool.



We ask if you are volunteering as a timer to assist the officials with the Flyover Starts.

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. Please review these procedures with your swimmers and make sure they understand them. We appreciate your help.

-Dave Johnson/Maverick Official

The Magic Of An Opportunity (excerpt taken from *USA Swimming, Swimmers—Articles*)

Imagine Doc Brown from *Back to the Future* came up to you and said, "Today you're going to set a world record. The only thing you have to do is race."

You'd swim that day, right? You'd be the first person in the pool, warming-up, excited and ready to swim?

World records aren't broken every day. The opportunity is rare. You'd take advantage of it.

Unfortunately, time travel and Doc Brown do not (yet) exist. Swimmers don't know what the future holds. Sometimes, we don't feel like swimming.

Instead of swimming that looming, ominous 1500m this afternoon, we'd rather go to the beach. Or go shopping. Or take a nap. There will be another day, another race, right?

But you never know. Sometimes the difference between breaking a world record or not is simply showing up to swim.

Take Kate Ziegler. At the Indianapolis Grand Prix, Ziegler told me that on the day she broke Janet Evans' hallowed 1500m world record, she didn't want to swim that evening. She wanted to go to the beach. She wasn't really feeling it. Fortunately, her coach convinced her to swim that afternoon. The rest, as they say, is history.

But what if she had gone to the beach? What if she never swam that day? For whatever reason, the nuts and bolts were zooming in perfect harmony that day. Would they realign? Could she repeat that same performance the next day? Next week?

What if she didn't swim that day?

I was once told from the creator of "Friends" that the hardest thing to do in the entertainment industry isn't getting your foot in the door; it's being prepared when you're already in.

People always get their foot in the door, but they rarely take advantage of it.

It's that old "elevator pitch" theory. You should always be prepared when you live in Hollywood, because you never know who could be stuck in an elevator with. Some of my friends went from assistants to executive producers in 24 hours because they were stuck in an elevator with someone like Rosie O'Donnell, pitched her an idea they had rehearsed, and made the most of their opportunity. No joke.

Swimming is similar. Any given lane at any given time is an opportunity. "Give me a lane, anywhere, anytime," one famous swimmer used to say, "and I'll aim for perfection."

Sometimes, swimming is viewed in a linear path. You'd think, "Times will get faster. Races will get easier. I'll eventually get here, do this, swim that, and by this year I'll be where I want to be." Swimmers sometimes circle on the calendar, "This is when I'll swim my fastest. This is the plan."

But swimming is rarely predictable. It's not this linear, easily-planned calendar of time progression. It's more a chaotic fun house. It's opposite than what you'd expect. You swim fast when you expect to swim slow. You swim slow when you expect to swim fast. One day, you could be planning a trip to the beach, while your body secretly knows, "I could be breaking a world record right now, this very second."

You never know when the swim of your life will happen.

You can't plot out the future. And unless Doc Brown swings by your house and points out the highs and lows of your future swimming career, it's best to say to yourself, "Give me a lane, anywhere, anytime – and it could be magic."

Happy Birthday Maverick Swimmers!!

September: Elena Buscher, Gracelyn Buscher, Brittney Coblentz, Adam Cook, Max Dunn, Andrew Eiken, Olivia Eiken, Benjamin Forbes, Emily Gossett, Kristina James, William Lapsey, Ryan Lewellyan, Justin Li, Nora Lullo, Divya Madupu, Dominic May, Colleen McCormack, Brigit McDonnell, Megan Norkett, Thomas Paltzer, Meghan Panek, Alexa Puccini, Samantha Reed, Callaghan Riggs, Claire Russell, Kelsey Ryan, Nicholas Scotti, Gabrielle Snyder, Baxter Steiner, Tatum, Stensby, Sean Torres, Brett Urbas, Emma Wagner, Taylor Wessel, Elizabeth Wylly, Colin Yao

Happy Birthday!!

October: Tate Abbinante, Joshua Arneson, Julia Bowman, Sean Cavenagh, Savannah Corallo, Jessica Deutsch, Alex Dillmann, Chloe Duwelius, Ryan Flynn, Ethan Gabel, Jeddrick Gamilla, Eric Gerlach, Tomas Gilvydis, Jeffrey Graf, Emma Ilseman, Susannah Ilseman, Matthew Johnson, Rosemary Kenny, Laura Kluge, Henry LaPerna, Daniel Large, Adam Lowers-Esmail, Emily Magee, Grace Malinger, Elizabeth Martinson, Madeline Mears, Mackenzie Organ, Aimee Patterson, Melanie Patterson, Megan Phillips, Samantha Ruvarac, Jackson Schroedter, Jacob Smith, Morgan Sokol, Lauren Spangler, Clare Spanke, Matthew Struble, Pietro Suero, Steven Svestka, Madeleine Thompson, Kelsey Wessel, Alec Williamson, Kyle Wright, Kelly Zhou

