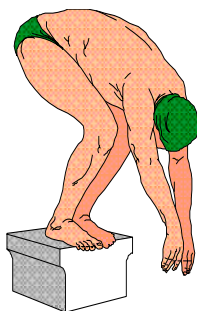


# The Mavericks

November, 1999

## Coach's Corner



### Welcome to Level #4

On October 14, I applied the second test from: "The Progression for Athlete Development." It is the first attempt by USA Swimming to acknowledge and plan for the development of athlete as a whole person- physically, emotionally, mentally, and socially.

The progressions comprise of eight levels of development, which encompass six critical areas to help a coach guide you on this important journey.

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## Meet Results

*(Since last month's newsletter there were no competitions attended by any Maverick swimmers. Next month's newsletter will report the results of the Mid-Peninsula Mariners Broomstick Invitational Meet being held Oct. 30-31 at Aragon High School in San Mateo.)*



## Half Moon Bay Pumpkin Festival

The Mavericks/HMB High School Swim Team's booth at the Half Moon Bay Pumpkin Festival was a tremendous fundraising success and a whole lot of fun! The activities this weekend required a great deal of effort, planning, dedication, and plain old hard work. **Many thanks to all the parents and swimmers that worked in the booth this weekend.** It took a real team effort to coordinate and make it such a huge success. **Extra special thanks to the following people: Suzi Herhold and Charlyn Johnson for heading the coordinating efforts; Brittney Ruffier and Suzi Herhold for assembling the float and dunk tank; Sandy Krejci and Wendy Ruffier for lining up the "dunkees" for the dunking tank; Lisa Oas for ordering and organizing the T-shirt sales; Sandy Long for your donation and coordination efforts with the "beadery" activity; the Royer family for their generous donation.**

**Thank you all for your continuing help and support!**

**Physical Test**

First Set: 6 x 200 IM at 3min. 20sec., or 8 x 100 kick at 2 minutes, or 16 x 100 at 1min. 30sec.

Second Set: 20 x 100 at 1 min. 20sec.

Six athletes participated. Three passed and three will have another chance in three Months.

**Next step -Competitive Performance:**

You have to achieve the following time standards in a Sanctioned USA Swimming Meet.

Short Course.

100 free	1:05
200 free	2:20
400 free	6:00
1000 free	12:00
1650 free	19:15
100 back	1:15
100 breast	1:25
100 fly	1:15
200 IM	2:40

**Biomechanical Progression**

Maintain consistent stroke rates and times in training sets.

**Physiological**

Aerobic endurance: swims a T30 or other threshold set two times per season with improvement.

**Character Development-Work Ethic and self-discipline.**

The swimmer is not influenced by the negative behavior of his or her teammates.

The swimmer understands and takes responsibility for attendance, performance, and habits in practice and these three relate to meet performance.

**Psychological and Arousal Control**

Knows techniques to control mind (positive self-talk and imagery) and body (deep breathing, progressive muscle relaxation).

**Imagery and Visualization**

Understands the importance of imagery in enhancing performance. Performs basic visualization skills.

**Concentration**

Can quickly return concentration focus in practice and in meets from uncontrollable to appropriate focus.

**Goal Setting**

Beginning to set goals for the entire season.

**Self Talk**

Knows at least one technique to avoid negative self-talk.

**I hope you find this information helpful so that you can attain your goals and dreams.**

*Congratulations and*

**GOOD LUCK!**

**MAURO**



**Good Luck to all  
Mavericks Swim Team  
members who will be  
competing at the Mid-  
Peninsula Mariner's**

**Notes & News**

**F.R.E.D. Awards** – Ground Rule #3 has been changed from “Each absentee will be deducted 30 points” to “30 points will be rewarded to the athletes who meet the established attendance requirements”.

There are now 3 groups/levels of workouts during the Mon.-Fri.-4:30-6:30 session. Come try one out and join the fun! Lap Swimmers are welcome to swim from 6:30-7:30 pm.

**Our Christmas Dinner and Talent Show will be held on Friday, Dec. 3, 1999 in the Student Center at HMB High School. The talent show will begin at 7:00 pm.**

**Happy Birthday!!!!**

November Birthdays

<b>Allison Hooker</b>	<b>15</b>	<b>Nov. 8</b>
<b>Sarah Schafer</b>	<b>11</b>	<b>Nov. 8</b>
<b>John Mullin</b>	<b>9</b>	<b>Nov. 10</b>
<b>Malessa Sousa</b>	<b>15</b>	<b>Nov. 13</b>
<b>Arlet Machado</b>	<b>16</b>	<b>Nov. 18</b>

**Did we miss anyone?.....Please let us know!**