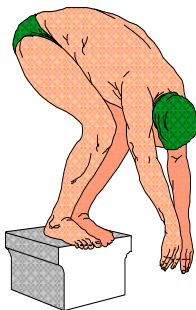


The Mavericks

December, 1999

Coach's Corner



WE ARE THE MAVERICKS

Let me set the record straight... We are all the "Mavericks Swim Team", regardless of what time or with whom you swim with, or whether you're in High School or in Elementary School. NOW is a good time to stop with the division and denigrating comments. Let's all work together, swim together, and have fun together so that we can have a successful swim program in Half Moon Bay!

Generation of Energy Through Metabolism

Swimming is dependent upon the constant generation of energy by the skeletal muscle. Without energy the athlete is unable to move in the water. Pathways are designed along continuum processes that start at the top of the line (aerobic) and flow down the pathways (anaerobic). Energy can be generated within the body in several ways, but three primary pathways are important to

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Meet Results

The **Mavericks Swim Team** just celebrated its first anniversary in September and as a result, the swimmers were invited to participate in the Mid-Peninsula Mariners Broomstick Invitational Swim Meet on Oct. 30-31st. The team members who competed in 36 different events were: **Cara and Marisa Compesi, May and Kelsey Fuller, Monica Kotzeva, Lauren Oas, and Kevin Luna**. This meet was the first official team meet for the Short Course season. Ribbons were awarded to the top 6 swimmers in each age group. For **Cara Compesi**, this was her first official USS Swimming sanctioned meet. She achieved 2 "B" times and was awarded a ribbon for participating in her first meet. **Marisa Compesi** (girls 13/over) improved her times in 2 out of 5 swims; **Amy Fuller** (girls 13/over) improved her times in 5 out of 7 swims earning 3- 6th place ribbons and 1- 2nd place ribbon; **Kelsey Fuller** (girls 11/12) swam for the first time after "aging up" now in the 11/12 age group; **Kevin Luna** (boys 11/12) improved his times in 3 out of 6 events; **Monica Kotzeva** (girls 9/10) achieved 2 "PRT's, 2 "Q" times, 1 "AA" time and 1 "A" time, 2- 1st place ribbons, 2- 2nd place ribbons and 1- 4th place ribbon. **Monica** also won the "High Point Trophy" for the Girls 9/10 division; **Lauren Oas** (girls 11/12) improved her times in all 5 of her events and earned 2 new "AA" times and a 2nd place ribbon. **Great Job To A Great Group of Swimmers!**

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understand. The Adenosine Triphosphate (ATP) and the Creatine Phosphate (CP) are stored in the muscle and serve as immediate energy reservoirs. These energy stores can be utilized very rapidly but are limited in supply. This source of energy production can maintain activity for approximately 10 to 15 seconds. After this point another source of energy production must contribute for muscular contraction to continue. The ATP-CP pathway is used when energy demand is high-in short bouts of activity and at the start of exercise.

Muscle glycogen is another source for energy production in the muscle that can be maintained for a longer period of time. If the energy demand is relatively high, the muscle breaks down glycogen through aerobic pathways. A by-product is produced during the breakdown of glycogen called "Lactic Acid".

The lactic acid accumulates in the muscle cells and can begin to inhibit further energy production. The glycolytic pathway can produce relatively high amounts of energy for up to about two minutes. If continued work is necessary, the aerobic pathways must generate energy.

When the activity lasts longer than a minute and a half to two minutes, the aerobic pathways are used. Aerobic pathways use oxygen in the process to generate energy. Energy production can be maintained for long periods of time with this system; however, the intensity of the work must be reduced.

Training Methods

There are many ways to cause overload and adaptation in athletes. It is important that the athletes understand the concepts of overload and individual differences.

Overload is a larger than normal training workload. This load is used to break down the swimmer's muscles to cause damage resulting in adaptation. Each swimmer will adapt to the training load in his or her own way and on his or her own time line. Individual differences are the reason for my percent training method (40% to 100%).

If the athlete swims without proper rest intervals, it is considered continuous training. There are two types of continuous training - slow-paced and fast-paced.

Continuous training in most swim programs is used for warm-up or cool-down periods. If the athlete does not respect and use the rest time/intervals properly (recovery period between swims) he or she will spend all the workouts using the same aerobic pathways and will very slowly improve their times or in some cases will not improve but worsen their times.

In a progression type of workout, it is very important that the athletes understand and try to swim as much as possible on the percent of the set (70%, 80% ...) and respect the recovery period between swims. Swim the distance and the number of repetitions of the exercise (3 x 6 x 100 free).

Tip of the Month

Four tips for using food labels:

1. Compare similar food such as soup to soup, cereal to cereal, yogurt to yogurt. Comparing like products will help you determine which one is the best buy for your nutritional needs.
2. Most people have similar fiber, vitamin and mineral needs while most people have different caloric needs. Calories determine the Daily Values for protein, carbohydrate and fat. The labels list Daily Values for someone who needs 2,000 calories/day. Your calorie needs may be either higher or lower.
3. Healthful diets are based on food patterns over time. Eat a variety of foods from each of 5 groups-dairy, fruits, vegetables, meats, and grains, each day. Use food labels to help make choices within a food group to meet your health and taste preferences.
4. Any food can fit in a healthful diet. Reading labels can help you balance choices and enjoy your favorite foods.

Happy Holidays!

**GOOD LUCK!
MAURO**



**Good Luck to all Mavericks
Team Members competing at
the Pacifica Sea Lions B/A+
Meet, Dec. 3-5 And at the
Pacific Swimming AA+ Age
Group Championship Meet
Dec. 9-11
Go Mavericks!!!!**

Meet Results - *Continued from Page 1*



Nov. 19-20, Mavericks Swim Team members competed in 2 separate meets. The Daly City Dolphins hosted a B/A meet and Santa Clara Swim Club hosted an A+ meet.

In Daly City, Mavericks team members competing were: **Cara and Marisa Compesi, Kelsey Downing, Peter Farnsworth, Nate Lewis, Kevin Luna, Lauren Oas, Brittney and Allison Ruffier, and Nora Siino-Gachellor.**

Marisa Compesi placed 3rd in the 200 Breast; **Peter Farnsworth** got 5th place in the 100 Back and the 500 Free with a new "A" time; **Nate Lewis** improved his time in the 50 Back; **Kevin Luna** placed 6th in the 100 IM and got 2 new "A" times; **Lauren Oas** got 2nd place in the 50 Fly and improved her times in 3 events. Swimming for the first time for the Mavericks in their first USS Swimming sanctioned meet were **Kelsey Downing, Allison Ruffier and Nora Siino. It was also great to see Peter Farnsworth (from the high school team)** join the Mavericks and compete at this meet! Hopefully, we'll have more participation from the high school age team members at future meets!!

In Santa Clara, at the Santa Clara International Swim Center, **Amy and Kelsey Fuller, Monica Kotzeva, Shaun and James Thivierge** competed in 29 events. **Amy Fuller** improved her times in 3 out of 6 events and got 7th place in the 200 Back; **Monica Kotzeva** improved her times in 4 out of 5 swims and got 2nd place in the 50 Back, 3rd in the 100 Back, 4th in the 50 Fly and the 200 IM, and 5th in the 50 Free; **James Thivierge** improved his time in the 50 Breast and got 6th in the 200 Free, and 5th in the 50 Fly; **Shaun Thivierge** improved his times in 5 out of 6 swims.

Great Job Everyone!



Notes & News

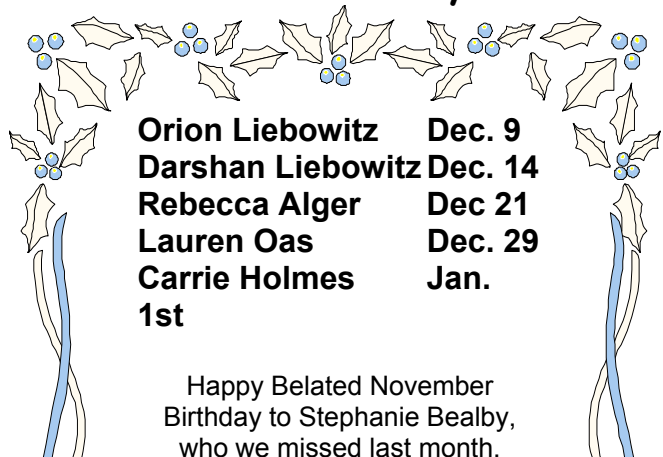
According to the new Membership Chairman, **Sandy Long**, the Mavericks Swim Team roster is up to 62 active members! Welcome to **Brian Tatro**, our newest member.

Thanks to Sue Luna, who has updated the Mavericks Mailbox with file folders ("mailboxes") for EVERY currently active swimmer on the Mavericks Swim Team, including the High School swimmers. During the "off" season we encourage all the high school members to enter meets and join the rest of the Mavericks for a great time! PLEASE check your mailboxes weekly for meet sheets, information, and surprises!!!! During the rainy season, the box is located in the shed, but will be moved outdoors by the gate on clear days.

Don't forget the Holiday Pot Luck and Talent Show to be held Friday night, Dec. 3rd in the student center at HMB High School from 7:00pm - ?? Bring a dish to share and a talent to dazzle us all, or just come and enjoy the show! All Mavericks Swim Team members and their families are welcome!!!!

Happy Birthday!!!!

December Birthdays



Orion Liebowitz	Dec. 9
Darshan Liebowitz	Dec. 14
Rebecca Alger	Dec 21
Lauren Oas	Dec. 29
Carrie Holmes	Jan.
1st	

Happy Belated November Birthday to Stephanie Bealby, who we missed last month.

Did we miss anyone? please let us