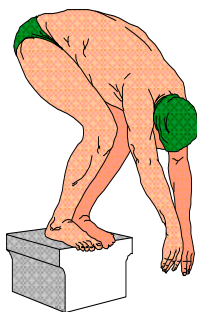


The Mavericks

January, 2000

HAPPY NEW YEAR!!!!!!!

Coach's Corner



Happy New Year!!!

“Ciao Monica”

The Mavericks Swim Team lost a talented swimmer, Monica Kotzeva, last month. Monica and her family have relocated to Arizona. I will try to explain my opinion of Monica from a coach's point of view. She came from the San Mateo Aquatic Club team six months ago and in a very short period of time she drove a lot of my swimmers crazy. Here are a few word definitions I have come up with to give examples of what I am talking about:

1. Adaptation-level Theory:
Monica quickly became accustomed to having good swim results

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Meet Results

The Half Moon Bay Mavericks Swim Team competed in their last “team meet” of the year at Oceana High School on December 3-5. The Pacifica Sea Lions hosted the 1999 Holiday Hustle B/A+ meet that turned out to be one of the best meets for our growing team. The Half Moon Bay Mavericks Swim Team was started in September of 1998. When Mauro came on board in February, 1999, the team had only a few regularly active members. It has grown to 62 swimmers and 30+ lap swimmers and is still growing, despite the time of year.

Well, on with the results.....

Cara Compesi (10/under) improved all her times and got 3rd place in the 50 Breast with a new A time; **Marisa Compesi** (13/14) improved her times in 3 out of 6 events; **Selby Forsman** (11/12) improved her times in 2 out of 3 events and got 4th place in the 50 Fly with a new A time; **Amy Fuller** (13/14) got 6th in the 100 Free, 4th in the 200 Back and 200 Free, 3rd in the 400 IM, 200 Breast with a new Q time, 100 Back and 100 Breast, 2nd in the 100 Fly and 200 Fly with a new Q time; **Kelsey Fuller** (11/12) improved her times in 2 events; Allison Hooker (15/16) got 2nd in the 200 Breast and 6th in the 100 Free; **Monica Kotzeva** (10/under) got 5th in the 100 Fly with a new AA time, 4th in the 200 IM with a new PRT, 3rd in the 100 Breast, 2nd in the 50 Free, 200 Free with a new

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3. Caffeine Girl: A mild stimulant that produces dilation of blood vessels.
4. Challenge Appraisal: Our conclusion that we have the potential for gain.
5. Communication Girl: The ability to use sounds, smells or gestures to drive people nuts.
6. Descriptive Statistics: Numbers used to present a collection of ribbons and awards.
7. Tension: A state of drive, produced by a need that motivates the swimmer to win the race.
8. Exhaustion Stage: For Monica, it never happened.
9. Facial Expressions: Always happy.
10. Gifted: Individual with above average talent.
11. Obedience: Behavior performed in response to an order given by the coach.
12. Positive Regard: Love, sympathy, warmth, acceptance, and respect. We crave these from people important to us.

Monica is a case to study, but without a doubt, an excellent swimmer for any coach's team. Monica, you will be missed and I want to challenge you to continue giving your best always.



Tip of the Month
(for all you snow skiers)

Sunscreen and Ski!

Melanoma, a potentially fatal skin cancer, is now the most common type of cancer according to the American Cancer Society. About 7,300 people in the United States are expected to die of melanomas in 1999. So, don't forget to apply waterproof, sunscreen before kids and grown-ups head to the ski slopes. Apply sunscreen 30 minutes before going outside to allow time for ray-blocking properties to take affect. Snow reflects the sun much like water does. Save your skin and have a great Ski season.

Have a Happy 2000 and I hope your dreams come true.

MAURO

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PRT, 100 Free with a new PRT, 100 IM with a new Q time, 50 Fly with a new Q time, and 50 Breast with a new Q time; **Nate Lewis** (11/12) improved his times in both events he swam and got 7th place in the 50 Free; **Jessica Liu** (10/under) and **Kristen Liu** (8/under) both improved their times in their first sanctioned meet with the Mavericks; **Johnny Mullin** (10/under) and **Nina Mullin** (who's only 5 and swam with the 8/unders) both swam great races in their first sanctioned meet with the Mavericks; **Lauren Oas** (11/12) placed 6th in the 50 Free and 100 Free both with new AA times, 3rd in the 100 Fly, and 1st in the 50 Fly; **Jason Schafer** (15/16) swam 1 event and placed 2nd in the 100 Free; **Joel Slater** (8/under) improved his times in his first sanctioned meet with the Mavericks; **James Thivierge** (10/under) placed 6th in the 50 Free, 5th in the 200 IM, 100 IM, 50 Fly, 100 Fly and 50 Back with a new AA time, 4th in the 100 Free with a new AA time, and 2nd in the 200 Free; **Shaun Thivierge** (11/12) placed 6th in the 50 Breast, 5th in the 100 IM, 4th in the 100 Free, 3rd in the 50 Fly and 100 Fly, 2nd in the 500 Free and 200 IM with a new AA time, and got a new A time in the 100 Breast.

Congratulations to Everyone!!!!



Check your Pacific Swimming Registration cards. If the expiration date says 12/31/99, you must fill out a new registration form and send \$30.00 to Pacific Swimming "ASAP"!!
Registration forms are available in the shed at the pool.



We Need You!!!!

The Zone 1 North Championship Meet is Coming!!!!!!

Every year around this time, all US Swimming teams are gearing up for the annual “Zones Meet”. Each “Zone” (region of swim teams) sponsors a huge meet that requires each team to contribute to the actual operations of the meet.

The Zone 1 North meet will be held January 29-30 at De Anza College in Cupertino. We have been assigned “Check-In” duties and a Lane Assignment for timing.

We must encourage ALL currently active team members to participate and enter this meet in order for us to fulfill our duties as a member of Zone 1 North. We need parents to volunteer to “Time” and work at the “Check-In” table throughout the day (both days). The jobs are very simple and training will be provided.

The meet sheets are now available and sign-up sheets to work are posted at the pool. Each family should sign up for at least one shift each day. (One shift will be 2 hours and because we have a small team, we’ll need 100% participation at this meet.)

NOTE: The “Meet Sheets” (entry form) for this meet are **NOT** to be mailed in individually. When you receive the meet sheet, fill the forms out promptly and return them with the entry fees to Mauro no later than Friday, January 14th.



Notes & News

Welcome! to **Esther Magnus, Kate Reimer and Iris Castillo**, our newest Mavericks Swim Team members.

Thank you to all who came to the Holiday Pot Luck and Talent Show!! The food was great and the talent on this team is phenomenal!!! If we don’t make it in swimming, we may have a future on stage!! The Mavericks Team rendition of Annie’s “To Mauro” (“Tomorrow”) was a real hit and a surprise to Coach Mauro.....”**To Mauro, to Mauro, we love ya, to Mauro, you’re only a lane a way....**” (Special thanks to **Cathy Compesi** for writing the lyrics.)

New Mavericks swim caps are available for \$3.00. See Mauro or Sue Luna.

Check out Coach Mauro’s new Deck Coat embroidered with his name on the front and “Half Moon Bay Mavericks” on the back. It was a gift from the team’s Parent’s Board.

Don’t forget to check your mailboxes daily! (You never know what you find inside them!)

Happy Birthday!!!! January Birthdays

Carrie Holmes	16	Jan. 1	
Nina Mullin	6	Jan.	
21			
Allison Meyer		17	
Jan 27			
Did we miss anyone?...please let us know!!			