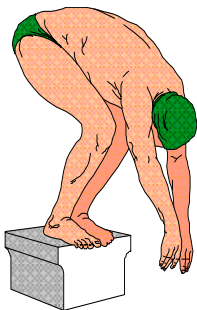




Coach's Corner



The F.R.E.D. Awards (revised)

When I first started coaching, I was faced with a problem other coaches have had to experience, I wanted my athletes to come to practice everyday. To me the swimming workout is the swimmer's job; just like a real job in the real world. I have noticed that there is a direct correlation between a swimmer who regularly attends practice with a successful, top swimmer.

I can help teach responsibility, discipline and commitment to each swimmer that allows himself/herself to strive to be a top swimmer, but it can only be done with a team effort between the swimmer and the coach's guidance.

During my first year of coaching, I devised an Award Point system. This allowed the athletes to set their own level of commitment in order to determine the number of practice sessions they would need to attend to keep themselves at top level for performance

purposes. I soon learned their first approach was to be at every practice (remember the "direct correlation"). The standard was 100%, but in the real world people have interference due to outside control factors; flat tires, electricity goes out, traffic problems, and alarm clocks don't go off. So if the standard was set at 100%, then it was unlikely that even the most dedicated athlete would earn and award. A 100% point system allows for zero absent. So the team settled on 80% point system, which turns out to be the best for a motivational system to work effectively.

The point system is based in "Attendance, Performance and Dedication". I expect my athletes to meet the performance standard of USS Swimming by getting at least "A" times in four events. "F.R.E.D." award stands for Faithful, Respectable, Excellence, and Dedication. Athletes who do not meet the Attendance level are placed in the Performance level. Athletes who do not meet the Performance level are placed in the Faithful, Respectable, Excellence or Dedication group.

(revised) Ground Rules are as Follows:

1. Everyone will be given 100 points to start.
2. Every swimmer who does not miss more than 3 days of practice in a month will be rewarded with 30 points.
3. Participation in swim meets will be rewarded with 10 points.
4. If a "B" time is achieved, 5 points will be rewarded.
5. If an "A" time is achieved, 10 points will be rewarded.
6. If a "AA" time is achieved, 20 points will be rewarded.
7. If a "Q" time is achieved, 30 points will be rewarded.
8. If a "PRT" is achieved, 40 points will be rewarded.
9. If an "NRT" is achieved, 100 points will be rewarded.
10. Any Mavericks team member can qualify for the FRED Awards, but the swimmer must participate in an official swim meet.

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11. The contest started on Sept. 13, 1999 and will end March 31, 2000.
12. The athlete with the highest points will receive the Performance Award.
13. The athlete with second highest points will receive the Dedication Award.
14. The athlete with the third highest points will receive the Excellence Award.
15. The athlete with the fourth highest points will receive the Respectable Award.
16. The athlete with the fifth highest points will receive the Faithful Award.
17. (new rule starting Jan., 2000) Academic achievements in school will now also be considered and athletes will receive a one-time bonus of 50 points for high academic achievements i.e. A's , B's & C's on report cards (D's and F's are not acceptable).

The rules can change at any time at the coach's discretion.

A SPECIAL DINNER WILL BE GIVEN IN APRIL, 2000 TO AWARD THE WINNERS.

* * * * *

Last week I put in your mailboxes a paper called "Developing Awareness of Your Focus, The Concentration Differences Between Good and Bad Swims." Dr. Alan Goldberg wrote this paper. He is a nationally known expert in the field of applied sport psychology. Dr. Goldberg works with athletes and teams across all sports at every level, from professional and Olympic caliber right down to junior competitors.

I had the opportunity to meet and ask some questions about psychological aspects of swimming.

What is mental toughness?

Dr. Goldberg: "It's the ability to keep going when your body is on its knees, desperately begging you to quit. It's the gutsiness to will yourself to stand tall when you are surrounded by swimming giants and haunted by feelings of smallness."

What makes you tough in any sport?

Dr. Goldberg: "It is the desire and determination to pursue a dream regardless of how far out it may be or how hard your detractors may be laughing. Mental toughness is a "refuse to lose" and "never say never attitude". It is the ability to pick yourself up after you fall, time and time again, regardless of how bruised you have gotten in the process. It is the stuff that turns dreams into reality.

As a coach, I was very pleased to meet Dr. Goldberg

and I will use his ideas in order to help you achieve your goals. Developing mental toughness will be part of our workouts and I will challenge you everyday with harder and harder workouts.

I want to prepare you for the swim challenges and also for the needs and demands of your life. Furthermore, I'd like to help you anticipate the problems that you may run into with this kind of training and what you can do to successfully overcome them. My overall goal is to prepare you for years to come.

Step #1: "Walk the Talk"

Do you know what these sets are going to do for you? (example: 10 x 200 @90% 1'; 16 x 12.5 @ 100% 30",etc.)

Do you know that races are frequently won and lost before the start?

Do you know the difference between ad good swim and a bad swim?

If you know the answers, EXCELLENT; If you do not know, ask me.

GET READY.....CHALLENGE FRIDAYS WILL BE BACK!!!!

GOOD LUCK!

MAURO



Meet Results

(Since the last newsletter, the Mavericks attended no meets. The next issue will have the results of the Zone 1 North Championship meet scheduled for Jan. 29-30)

Notes & News

The Board of directors is actively searching for new members, especially a new bookkeeper/treasurer. If you would like to be part of the volunteer team that helps direct the development of our swim team, please call Gary Reimer at 712-5805 or e-mail him at Gr2@garybythebeach.com. The next board meeting is scheduled for Wed. Feb. 2, at 7:00 pm at the Century 21 Real Estate Office, 799 Main St. HMB. All parents are welcome to attend. Please come and see what it's like!

* * * * *

The are currently 4 volunteers working on the collection and billing of dues. As this is far too time consuming, we are currently researching the feasibility of automatic deductions as one method of payment. Members would be offered a choice of either paying by sessions (4 or 5 months at a time, depending on the time of year) or monthly deductions from a bank account. If you have any input or ideas, we would love to hear them. You are welcome at any board meeting. Please e-mail either Sandy Long at fireweed@aol.com or Gary Reimer at gr2@garybythebeach.com.

* * * * *

Hello Brazil!!

The Mavericks Swim Team has been invited to compete in a state championship swim meet in Blumenau, Santa Catarina, Brazil. The city of Blumenau is celebrating its 150 year birthday and has invited 2 international teams to participate. A friend of Coach Mauro's invited a team from Chile and the Mavericks. Meals and lodging will be provided in Blumenau so that all we will have to pay for is the airfare. The meet is scheduled to be held the last week of June, 2000.

Details/paperwork regarding qualifying times to enter the meet and other answers to questions will be mailed to Mauro in February.

For most of us, this is a once in lifetime opportunity. So, let's all work hard to improve our times so that we can send a team of swimmers to represent the U.S.A. at this meet.

GO MAVERICKS!

**Good Luck to all Mavericks
Team members competing at
the Zone 1 North
Championship Meet at De
Anza College January 29-30!**



**Thank you parents for signing up to
work at the meet! Your help is
greatly appreciated!!**

Our list of birthdates is incomplete and we would like to make sure that all swimmers get recognized. Please ask your swimmers to add their birthdate to the sign-in sheet at the pool the next time they swim. Thanks!

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Happy Birthday!!!! February Birthdays



Matt Kammerer
Feb. 9

Krystal Expinoza
Feb. 22

Janelle Bowerman
Feb. 23

Karl Vollmer Feb. 27
Esther Magnus