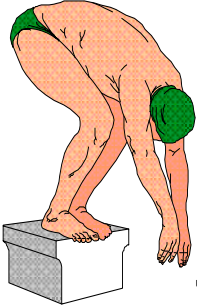


April, 2000

## Coach's Corner



### TRIP TO BRAZIL

The Mavericks Swim Team has been invited to compete in Brazil on June 29-July 2, 2000 in a state championship swim meet in Blumenau, Santa Catarina, Brazil. 16 Mavericks team members and their families will leave the U.S. on June 26<sup>th</sup>, arrive at Sao Paulo Int'l. Airport on June 27 AM local time and will return around July 8<sup>th</sup>. We will fly United Airlines to New York to Sao Paulo. Then from Sao Paulo to Blumenau, we will travel by bus for about 8 hours. We will stop in Joinville for dinner (BBQ & Salad restaurant) and will reach Blumenau the evening of June 27. We will be provided with dorms free of charge in Blumenau. Hotel rooms are optional at a cost of \$25-\$40 per

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## Meet Results

The Mavericks competed in the Zone 1 North Championship meet at De Anza College in Cupertino on Jan. 29-30. Twenty four team members competed in a total of 75 events. Many swimmers turned in strong swim times (personal bests). The **team members who competed were: Janelle Bowerman, Marisa Compesi, Kelsey Downing, Barrett and Selby Forsman, Amy and Kelsey Fuller, Kelsey Harrison, Marissa Jankowski, Nate Lewis, Jessica and Kristin Liu, Kevin Luna, Johnny and Nina Mullin, Lauren Oas, Katherine and Sandi Riemer, Jason and Sarah Schafer, Nora Siino-Bachellor, Joel Slater, James and Shaun Thivierge.**

Ribbons were awarded to the top 16 places in each event for each age group.

In the 8/Under division, **Janelle Bowerman, Kelsey Harrison, Kristen Liu, Nina Mullin, Nora Siino-Bachellor and Joel Slater** all swam great races with improvements in most events. **Joel Slater** achieved a new "A" time in the 25 Back.

In the 9/10 division, **Kelsey Downing, Marissa Jankowski, Johnny Mullin, Sandi Riemer, and James Thivierge**, all swam strong races.

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day, with breakfast included. Other tours will be announced in the near future. For most of us, this is a once in a life time opportunity to travel and compete outside the U.S. The team will compete in the State Meet and also in a couple of dual meets with local swim teams in the area.

**Setting Your Goals**

The process of goal setting can be linked to using a road map when driving from San Francisco to Los Angeles. You consult a map and determine the best route to use to reach your destination.

Transfer this idea to one of your favorite activities, for example, swimming. You would identify the workout as your short-term goal. You, as an athlete, need to identify where you want to go with what will be your long-term goals.

Achieving your short-term goal(s) gives you feedback on how you are doing and gives you confidence in the path you choose.

Athletes should focus on the physical, technical, psychological nutritional, and lifestyle factors.

Systematic goal setting provides you many benefits such as:

1. . Direction-where you want to go and how to get there.
2. Motivation-the workout can be physically and mentally draining; remind yourself why you are there and what you are trying to accomplish in each workout.
3. Builds confidence-reaching short-term goals can build your confidence not only in your abilities also in the path you choose to reach your long-term goal.
4. Feedback-short-term goals provide you with feedback on how you are doing in progressing toward your long-term goal.
5. Outcome goals-win a race, qualify for state championship, or win a heat.
6. Performance goals-Maintain consistent stroke rates, stream streamline the body after the turns, do not breathe in the flag zone, powerful kick, etc.
7. Specific Goals-broad goals do not offer much

guidance, focus in a specific goal (e.g. swim an entire set with the same pace and do not stop to fix your goggles.)

Your individual differences will probably develop different goal setting strategies. What is important is that you develop the habit to set a goal every day not only for swimming but also for your life. Adherence to systematic goal-setting will allow you to tolerate setbacks or barriers because you will have a clear focus on your long-term goal and the confidence to reach these goals.

\* \* \* \* \*

**Tip of the Month**

**Dunk the Junk**

Too many swimmers eat too much “junk food”. Eat fruits and vegetables and whole-grain snacks. Eating healthy snacks will keep your energy up and your mind focused.

Here are some examples of good and bad snacks.

**Bad Snacks**

**Better Snack**

**Hostess cupcakes**

**Nabisco graham crackers**

**Coca-Cola & other carbonated drinks**

**Juices and carbohydrate drinks like “Ultra fuel”**

**Donuts**

**Kellogg’s Pop Tarts**

For more information look at Fitness Swimmer magazine, March-April 2000 pages 22-27.

***Happy Swimming***

**MAURO**



# Meet Results

Continued from Pg. 1

**James** placed 15<sup>th</sup> in the 100 Free, 13<sup>th</sup> in the 50 Back, 10<sup>th</sup> in the 50 Free with a new “AA” time, and 5<sup>th</sup> in the 50 Fly.

In the 11/12 division, **Selby Forsman** swam personal best times in the 100 IM and the 50 Back with a new “A” time; **Kelsey Fuller** swam a personal best time in the 200 Free; **Nate Lewis** improved his best times in the 50 Breast and the 50 Back; **Jessica Liu** improved her best time in the 50 Back; **Kevin Luna** improved his best times in 5 out of 6 events and placed 16<sup>th</sup> in the 50 Free, 15<sup>th</sup> in the 200 Free and 8<sup>th</sup> in the 50 Fly; **Shaun Thivierge** improved his times in 4 out of 6 events and placed 14<sup>th</sup> in the 50 Back, 13<sup>th</sup> in the 50 fly, 11<sup>th</sup> in the 100 IM with a new “AA” time, and 6<sup>th</sup> in the 200 Free with and new “AA” time.

In the 13/14 division, **Marisa Compesi, Amy Fuller, Lauren Oas, Katherine Riemer** all turned in some strong swim times but most exciting was that they represented the Mavericks in the 13/14 Relays and placed 6<sup>th</sup> in the 200 Medley Relay. Great Job Girls!!!! **Amy** also placed 13<sup>th</sup> in the 100 Breast and 15<sup>th</sup> in the 100 Fly. **Lauren Oas** achieved new “A” times in the 200 Free, 100 Back and 200 IM. **Katherine Riemer** improved personal best times in the 200 Free and 100 Back.

In the 15/16 division, **Barrett Forsman** improved his times in 3 out of 3 swims and got a new “A” time in the 100 Free. **Jason Schafer** improved his personal best times in both the 100 Free and the 100 Fly.

Overall, the Mavericks did a great job improving their times in 49.3% of their events.

## Congratulations Mavericks!!

Special “Thanks” to all parents who helped with either timing or at the check –in table during the meet. This is the one meet that all swim teams are assigned duties and timing for the meet. Without your help the team would not have been able to participate in this meet

The weekend of March 4-5, the Palo Alto Swim Club hosted an “A+” meet that six Mavericks team members attended. The swimmers were: **Selby Forsman, Amy Fuller, Kelsey Fuller, Kevin Luna, Lauren Oas and James Thivierge.**

In order to compete at this meet, swimmers had to have a minimum of “A” times to enter.

**Amy Fuller** placed 3<sup>rd</sup> in the 200 Back and the 200 Free, 2<sup>nd</sup> in the 100 Free, 100 Breast, 50 Free and 100 Fly, 1<sup>st</sup> in the 200 Fly, 200 Breast and 200 IM; **Kelsey Fuller** improved her personal best times in the 100 Fly and the 100 IM; **Kevin Luna** improved his times in 6 out of 7 events and placed 6<sup>th</sup> in the 50 Fly with a new “AA” time; **Lauren Oas** improved her times in the 100 Free and the 200 Fly; **James Thivierge** placed 4<sup>th</sup> in the 100 Fly and 3<sup>rd</sup> in the 200 IM.

**Great Job!!**

**Congratulations To All Swimmers!!**

**Go Amy!!**

**Go James!!**

**Good Luck at the Far Westerns Short Course Championships!!**

## Happy Birthday!!!! March Birthdays

Shaun Thivierge	13	March 15
Amanda Alger	13	March 20
Kelsey Harrison	9	March 26

Did we miss anyone?...please let us know!!