

The Wave

Newsletter of the Half Moon Bay Mavericks Swimming Association

www.mavericks-swim.org

July 2000

Mavericks Summer Team in Full Swing

Swim workouts...flip turns...fog...meeting new friends...splashing around the pool...lost goggles (of course)...competing in swim meets...and having fun. Many new swimmers are discovering how great it is to have a swim team on the coast. A total of 57 swimmers are part of the Mavericks team for the summer session and many of these are brand new to the sport. We already had a number of successful swim meets (see "Meet Results" below). Most importantly, swimmers and swim families are enthusiastic about the sport and the team.

New Website

Thanks to Board Member, John DiNapoli, Mavericks now has its own website: www.mavericks-swim.org. You will be able to access useful information about workout times, upcoming meets, fees, meet results, past newsletters, and so forth. Please check it out. (And thank you, John.)

Current Summer Work-Out Times

10 and under: MWF 5:30 – 6:30 pm

11 – 14: M/W 4:30 – 6:30 pm and T/TH 4:30 – 5:30 pm

15 – 18: MWF 4:30 – 6:30 pm and T/TH 4:30 – 5:30 pm

Water Polo: T/TH 5:00 – 6:30 pm

Adult Lap Swim: M-F – 6:30 – 7:30 pm; M – Sat. – 7 – 9 am

Meet Mavericks New Head Coach

We are delighted to introduce you to Bruce Brown, Mavericks Head Coach beginning in September. An El Granada resident, Bruce has recently retired from his position as Head Men's and Women's Swimming Coach and Lecturer in Kinesiology at San Francisco State University, a position he held for 11 years. Bruce also held swimming and/or water polo coaching positions at California State University San Bernardino, at Stanford University, at Occidental College, and at Whittier College. He's been recognized as 1997 Coach of the Year by the Pacific Collegiate Swimming Conference and 1992 Coach of the Year by the Northern California Athletic Conference. His teams have placed highly in NCAA competitions and two of his swimmers have qualified for the US Olympic Trials. Bruce competed as a varsity swimmer himself for four years at Occidental College and was named an NAIA All-American in 1969 and 1973. Bruce has a BA degree in Sociology/Psychology from Occidental College and an MS degree in Kinesiology from UCLA.

Despite all his college coaching experience, Bruce is no stranger to younger children and the club swimming experience. He served as head coach of the Santa Monica Swim Club and has taught beginning through advanced swimming as well as water safety instruction and advanced lifesaving. About his new job, Bruce says, "I'm very excited to part of the Maverick's Swim Team. I look forward to helping our swimmers reach their maximum potential and to ensure that their experience is enjoyable and meaningful."

We are fortunate to have found such a qualified and enthusiastic leader for our team right here on the coastside. Bruce will start at the beginning of the fall session, September 5th. Welcome, Bruce!

Summer Coach, John O'Hara

As most of you know, our coach this summer has been John O'Hara. John lives in El Granada and has a great deal of experience as a competitive swimmer and water polo player (both high school and college) and as a coach of swimming, water polo, and baseball teams. He served as assistant coach of the Half Moon Bay High School Swim Team during (continued on back)

John O'Hara, continued

the 2000 season. John's other transferable skills include creating and managing multi-disciplinary teams in corporate and governmental settings and working with abused and disabled children.

In a very short period of time, John has made outstanding contributions to Mavericks....increasing team enrollments...establishing a water polo team...overseeing away and home meets....generally giving children of all ages appropriate team swimming experiences. As John puts it, "I've attempted to provide a framework for a solid aquatic program that will provide a vehicle for children to grow into athletes and foremost adults. While I played just about every sport imaginable, swimming and water polo are my loves. My hope is that these kids will gain as much from the sport as I did." Come fall, John has decided to devote his time to personal and business endeavors. John does plan to continue to work toward establishing a water polo team at the high school level. Thank you, John, for all you accomplished.

Mavericks Starts a Water Polo Team

Due to the efforts of summer swim coach, John O'Hara, the Mavericks have launched a new water polo team. The co-ed water polo program currently has 21 members. Male and female swimmers, 13 years and older and eligible to join. Water Polo workouts are Tuesday and Thursday, 5:00 – 6:30 pm. Mavericks would like to recognize local businesses La Petite Baleen, Ocean Shore Company, and Big Creek Lumber for their generous donations for materials and supplies to support the team. Look for an upcoming feature in the *Half Moon Bay Review*. The following meets have been scheduled. Everyone is welcome to come out and cheer for the team!

July 26 Wednesday Water Polo Game - Away
Soquel-Wax-em, Simpkins Pool, 17th Avenue, Santa Cruz
5:15 pm Warmup; 5:30 pm Gametime

August 3 Thursday Water Polo Game – Away
Radian Water Polo Club, Sacred Heart School, Atherton
5:15 pm Warmup; 5:30pm Gametime

More Thanks

Mavericks would like to thank Round Table Pizza of Half Moon Bay for donating a number of gift certificates. Every two weeks one certificate for a large pizza is awarded to the team member with the best attendance at works outs.

Team Suits

Just a reminder that Mavericks swimsuits and caps are available to team members for a reasonable price at Waverly's (the La Petite Baleen swim shop) at 775 Main Street. In September, we will take orders for Mavericks deck coats for those who want them.

Summer Swim Meets

The Mavericks team has participated in a number of dual meets this summer: with the Mid Peninsula Mariners on June 29th; with the Pacifica Sea Lions on July 13th, and with the Fiesta Garden Flyers on July 19th. Mavericks had an enthusiastic team, with most swimmers competing in their first competitive events! Lots of swimmers placed in their heats....all of them have improved their times. (See meet results posted on the Mavericks website and at the pool.) Congratulations to all swimmers. Thanks to all the parents for getting swimmers to the meets and for helping out with timing and other tasks.

The next swim meet will be a multi-team, USA Swimming-sanctioned event hosted by the Mid Peninsula Mariners at Serra High School on Saturday and Sunday, July 29 – 30. This meet has a morning and afternoon session. Please check with John O'Hara for the session you are in. Many Mavericks have registered for this event. Good luck and have fun at this meet!

Learning the Lingo

What do we mean by an "A or B time"? Competitive swimming offers many milestones of achievement at all levels. Each year, national time standards are set by USA Swimming for the various swimming events according to gender and age group. As swimmers practice to improve their technique and endurance, their times will improve

and they will begin to reach these milestones. A swimmer's fastest time will determine the meets in which he or she will be able to compete for that event. (Notice that the list of upcoming meets below includes the time standards required for that meet.) Swimmers usually receive special ribbons or medals for achieving "A times" in any event. After they have their "A times," the next highest standards are "AA times" and "Q times."

Fall Session Meets

Mark your calendars now to save these dates. You will receive more information and registration forms approximately one month prior to each meet. New swim families, please note that unlike the summer team where meets are held frequently, during the regular season, swimmers will participate in one meet per month at most.

Sept. 23-24	Daly City Dolphins – Away	All Swimmers
Oct. 14-15	Pacifica Sea Lions – Away	C & B Swimmers
Oct. 28-29	Mid Peninsula Mariners – Away	A+ Swimmers
Nov. 4-5	Sunnyvale – Away	C & B Swimmers
Nov. 18-19	South San Francisco – Away	A+ Swimmers
Dec. 2-3	Pacifica Sea Lions – Away	All Swimmers
Jan. 13-15	Solo in Pacifica	C & B Swimmers
December 3-5	Pacifica – Away	B & A+ Swimmers

Please note that swimmers must attend practice on a regular basis to be entered in meets or games.

Reminder – August Break and Pool Party

Mavericks Swim Team will take a break during the month of August. The last workout of the summer will be Friday, August 4th. This workout will be devoted to a pool party for all team members, 4:30 – 6:30 pm. Don't miss out on the fun.

Important - Fall Session Information

Sign-ups for fall session will be held at the HMB High School pool, August 29, 30 and 31, 3:30 – 5:30 pm. Workouts will resume right after Labor Day on September 5th according to the following schedule:

Swimmers 11 years and older: M-F 3:30 – 5:00 pm
 Swimmers 10 years and younger: M-F 5:00 – 6:00 pm

Dates of fall session: September 5 – December 15, 2000
 Swim Team Fees: \$200 per swimmer for the session payable in advance or \$50 per swimmer per month via automatic debit

Call for Volunteers

We are always in need of volunteers. One event coming soon is the Mavericks Dunk Tank at the Half Moon Bay Pumpkin and Art Festival in October. We collaborate with the Half Moon Bay High School Cougar Swim Team on this event. We need parents who can help organize this fundraiser.....recruit popular local personalities to "dunk".....make signs.....supervise activities and money collection on festival days, etc. We also have a float in the Pumpkin Festival Parade. If you can help in any way, please contact: Suzi Herhold at 712-1890.

Thanks for a great summer of swimming. See you at the pool on August 29, 30, or 31, 3:30 – 5:30 pm for signups. See you on September 5th for workout!