

Calendar of Upcoming Events

Dec. 8 - Dec. 19 : Continuing Swimmer's Re-registration

Dec. 13 Breast Stroke Clinic - Sat., 9-11am
 Sign-in at 8:50am, Half Moon Bay High Pool

Dec. 20 Winter Relay Meet - 1pm
 SSF Aquatic Club, Pacifica

Dec. 20 - Jan. 4: Winter Break - Practice resumes Jan. 5

Jan. 17-18 Swim Meet - C/B/A+ SSF Aquatic Club, Pacifica

Jan. 31-1 Swim Meet - Zone 1 North Championships

Feb. 8 Swim Meet - C/B/A+ SSF Aquatic Club, Pacifica
 HOSTED BY THE MAVERICKS

Feb. 28-29 Swim Meet - C/B/A+ SSF Aquatic Club, Pacifica
 TEAM FOCUS MEET

Message From Coach Cindy

EAT RIGHT! SWIM WELL!

Healthy eating habits will help your performance at practice and at meets. Choose snacks and meals that are better for your general health. Let's start with after school snacks:

Good Choice:	Instead of:
Apple, banana, orange	candy
Yogurt, bagel, Subway	McDonald's, Burger King
Pretzels, Pirate's Booty	chips, Fritos

Also, the winter season is here. Please remember warm clothes, extra towels, socks, hat, jacket, gloves or mittens for after practice.

Here's to a winter of good health and fun!

- Coach Cindy

Message From Coach Ugur

Confident Swimmers

Part One: On Gaining Confidence

Many swimmers and coaches know how important confidence is in a swimmer's success. Sometimes, though, that confidence that has taken months or years to build up could be broken in one single race. A swimmer's confidence is always being tested. Sometimes it even gets chipped away. Over the course of the next few newsletters, I am going to be writing about confidence and how a swimmer can gain it, develop it, maintain it, and safeguard it. Confidence can alone make or break your performance, so let's see how this important, but sometimes overlooked, ingredient can be developed.

The first chapter in this message is on gaining confidence. How can a swimmer begin to gain confidence? One way is through swim practice. A swimmer that comes to practice will be able to improve fitness and technique, which will result in a more confident swimmer. After all, a student who studies will be more confident about the exam. The swimmer will be more confident about himself after receiving praise from his coach about an improvement in technique, or a good effort on a particular swim set. One of my philosophies for my self improvement as a swimmer was to leave the pool after every practice with the following thoughts in my mind: "Today, I got better." "Today, I improved by....." You fill in the blank. If a swimmer can go home feeling like he did at least one thing right, or improved in one area, then after one month, that's 20 days of back to back improvement. That's a lot of improvement!

Another way a swimmer can gain more confidence is through success at swim meets. After setting a goal of getting an A time, 8 & under Matthew Tolar got his first A time ever at the SSFAC swim meet on Nov. 22-23. Now Matthew is more confident about his swimming and motivated more than ever to get even faster. Matthew is one example of how a swimmer can set a goal, come to practice, and compete to achieve his dreams. You've all seen athletes on television after crossing the finish line, or making the shot as time runs out. They feel like they are on top of the world, and nobody could shake their confidence. With a taste of success, confidence grows.

Continued on page 2

continued from page 1

My final thought on gaining confidence is that the swimmer needs to be surrounded by loving and caring family, teammates, and coaches. If the swimmer knows that he will be accepted and loved no matter what his performance, then he will be free of any fears he might have about that. This might sound silly to you because all of us love and care about our children. But as parents and coaches, we can get wrapped up with a goal just as much as the swimmer himself. If a swimmer sees that the coach or parent is disappointed or let down, he may take that burden onto himself. When a swimmer touches the wall, what is the first thing he looks at? If it is not the score board to see his time, it is always his coach or parent. It is very important that as parents, we do not show our frustrations, sadness, or anger to our kids. I personally know from 17 years of experience that this can be a hard thing for a child to deal with. When a swimmer is disappointed in himself already, the best thing we can do is let him know that we love him and that he will be able to do it next time. As a coach, I try to make the swimmer feel good about trying his best, and explain to him that though he didn't get his goal this time, we can learn from this experience, and go for it again next time. When you give it your best, you can never go wrong.

As our swimmers continue to grow, let's continue as parents to support their practice attendance, their swim meet participation, and also to show them that we care for them and love them when their swims don't go exactly the way they had hoped or, as well as we had hoped.

More to come in later newsletters about the role of confidence in a swimmer's life!

- Coach Ugur

2004 ConocoPhillips National Championships

Coach Ugur is signing up volunteers interested in helping out at the National Championship meet being held next year on August 3-7 at Stanford, hosted by the Palo Alto Stanford Aquatics (PASA). There will be many jobs available, and all ages are welcome. This will be an exciting and fun opportunity to work at a national level meet. Contact Ugur if you are interested (taner10@pacbell.net).

We're Hosting a Meet?

by John DiNapoli, Board of Directors President

- *Is it our turn to host a swim meet?*
- *Is a swim meet what we need to achieve our goals?*
- *How do we know if we are ready to handle a swim meet?*

I have only been with the club for just over three years, and I have seen it grow - growing in numbers, in enthusiasm, and in spirit. We have been growing in reputation too. Through involvement, communications with clubs and coaches, and with our Head Coach as our Zone* Chairman, Mavericks has achieved a reputation as a small coastal community club which is gaining momentum, membership, and responsibilities.

At the SSFAC meet at Pacifica, I remember commenting to a fellow timer for our lane, "We are sharing this lane with another club. They only have two swimmers in the whole meet. I remember when that was us, and we did not have anyone to do timing. Now we have so many swimmers in the meet and timers for the lane, even switching half way through the session."

It's Our Turn to Host a Meet

Mavericks has been recognized as a serious swim club in this zone. Our zone attempts to provide swimmers with a local opportunity to test out what they have learned and how they have improved through competitive meets throughout the year. Each club takes on the responsibility to run a meet so that other clubs are not burdened too often with that responsibility. It is now the Mavericks turn to host a meet.

A Swim Meet is What We Need to Achieve Our Goals

Running a swim meet will be a great opportunity to benefit both our individual swimmers, as well as the Mavericks Club. Hosting a meet will enable us to:

1. Obtain more exposure for the Club through expanded media coverage - This will be the first meet for Mavericks
2. Promote swimming in the local community - "Mavericks Hosts Meet - Meet a Success"
3. Promote Club spirit - This is "Our Meet"
4. Drive membership expansion - "Come swim for a serious club"

Continued on page 3

continued from page 2

5. Assist with fund raising - We could make a few bucks here
6. Gain experience - A One-Day meet, there could be no better experience with limited exposure

Our Vision is: Success at Every Level

We Are Ready to Handle a Swim Meet

I have heard from many parents from our own club, of course, but also from other clubs: "Running your own meet, huh? It is a lot of work, but you guys can do it!" There are other clubs which have run meets when they were our size.

We have selected the best person for the role of Meet Director: Margie MacDougall. Margie has experience as Meet Director at Pacifica. She has produced a book including all responsibilities for the swim meet. All major functions are covered, but there are some tasks which still need volunteers. I have looked around and I am confident that this club can pull together the resources. Let's be clear: Swim meets are serious work, but can be very rewarding when enough volunteers are involved and organized. February 8th is coming upon us. There will be a Director's Meeting to discuss our Mission, establish a timeline, and launch the committees. I expect that everyone will want to be at this meeting, even if you are not sure how you will be able to contribute - there is something for everyone to do, and a little extra help only allows for folks to get more breaks and schedule to see their kids swim.

This will be a significant achievement for our Club. I am very excited about this opportunity and I look forward to working with all of you.

* Zone 1 North: the organization of USSwim Clubs in our region

Registration for Next Mavericks Swim Session

Re-registration for continuing Mavericks swimmers is taking place now through Dec. 19. Fill out the Re-Registration Form available at the "Take One" box in the Mavericks information center at the pool, and drop it along with your payment in the locked mailbox.

Returning Swimmers
Must Re-Register
by December 19th

Mavericks Meet Volunteers Additional Volunteers Needed!

Thank you to all those who have signed up so far to help with the meet we'll be hosting on Feb. 8, with special thanks to Margie MacDougall, our meet director:

- Meet Director: Margie MacDougall
- Announcers: Joe Quirk, Cheryl Dere
- Head Timers: Craig Nishizaki, Marty Kingshill
- Clerk-of-Course: Barb Vilen, Denise Sampson
- Awards: Wendy Nishizaki
- Hospitality: Patt Law, Melissa Bent, Karen Hanson, Doreen Gerrity, Frank Gerrity
- Runners:
- Concessions/
Snack Bar: Patt Law, Melissa Bent, Karen Hanson, Barb Masek, Kathleen Downing, Janet Cortez
- Computer Op: John DiNapoli, Paul McKenna
- Timing Sys: Maggie Tatro
- Girls Check-in: Joanne Quirk, Marie Tolar
- Boys Check-in: Sari Thayer, Doug Tolar
- Meet Marshal: Doug Tolar
- Program Design/
- Ad Sales: Lorraine DiNapoli, Barb Masek
- Data Entry: Michelle Burke
- Raffle Room: Nancy Patterson, Vicki Laffen

As you can see, there are quite a few jobs to fill in hosting a swim meet! There are still **many** positions where additional volunteers are needed, especially in the following areas:

- Awards: Label, sort, and package all ribbons and awards.

Continued on page 4

NAME OUR MEET!!

We need a name and logo for our meet on February 8. The Mavericks One Day Wave Meet? The Sweetheart Meet? (for Valentine's Day) President's Meet? (aren't all those president's birthdays in Feb.?) Pull on your creativity caps and help your Club out! Prize for winning Entry!

contact Lorraine DiNapoli or Barb Masek

continued from page 3

- Hospitality: Make sure timers, officials, and other meet workers who can't leave their posts don't die of thirst.
- Runners: Deliver and collect event time sheets, post results and heat sheets.
- Concession/
Snack Bar: Help stock, set-up, run and clean up Snack Bar. No cooking skills required!
- Intermediary: Liaison between the Time Keeper and Computer Ops. Verify times to ensure that times recorded from the timing system (each lane's push button) are consistent. (Meet Judge verifies and makes any specific corrections as necessary.) Have each event's results delivered to Computer Ops.
- Girls Check-in: Monitor and assist swimmers with the check-in process.
- Meet Marshal: Safety and Security Manager.

Please sign up to volunteer in the black binder in the Mavericks information center at the pool. With everyone's help, we can be sure of a smooth-running and fun meet!

For additional information, check out the volunteer descriptions on the team website (www.mavericks-swim.org), or contact Margie MacDougall: (day) 728-7324 (eve) 728-3987

This is OUR Newsletter

from Wendy Nishizaki, editor

Welcome to the first issue of the MavSplash!, the Mavericks Swim Team newsletter. This is our forum for getting information out to both parents **and** swimmers. If you have anything that you think might be interesting to include, if you need volunteers to fill out your committee, if you've heard a good swim joke or pearl of wisdom, if you have comments or suggestions... send them (all!) to me at fivetotoro@pacbell.net.

Newsletters will be distributed monthly. The article deadline for next month's issue: Jan. 5.

Mavericks Swimming Association Parent Board Meeting

November 13, 2003

The Mavericks Swimming Association Board presented a very informative meeting for swim team parents last month. Following are the minutes from the meeting:

Board Members Present: John DiNapoli, John Kolbisen, Barbara Masek, Lezlee Miller, Ugur Taner, Amy Worden and Associate Member Cheryl Dere

Parent Meeting called to order at 7:00pm.

John DiNapoli, Board Member and President, opened the Parent Meeting, introducing the Mavericks Board Members and describing the positions they hold.

He turned the meeting over to **John Kolbisen**, Founder and current Vice President, who began the discussion with the history of the Mavericks Swimming Association. The program began in 1998 when the Kolbisen's raised \$40K to fund the pool. This is essentially the basic annual operating cost today, although our coach salaries have added to our costs.

The coaches have contributed their personal time, as well. We couldn't run without the help and commitment of Bill Saxsenmeier who volunteers his time to keep the pool clean and is at the pool at 5am and again at 6pm for the Adult Lap Program.

The Mavericks Association has significant heating expenses and the operating costs to maintain the pool facility is a primary goal for all fundraising efforts. We fund 2/3 of the operating costs annually. The City contributes during the summer months and the school district splits 50/50 with us from Feb. through April, the HS swim season. In the past we had 100 kids on the swim team. Our current swim team is smaller in number, but more committed to swim competition and the goals of a swim team. Our goal is to have a viable community swim team and a place where the community can have a state-of-the-art recreation sports center.

Under the Mavericks Swimming Association, we have the **Swim Team**, **Water Polo** developed and managed by John O'Hara (who also began the HMBHS Water Polo Team), and **Adult Lap Swim**. The **Special Olympics** is also a valuable part of the HMB aquatics community. We're also in the developing stage to offer a Masters Adult Swim Program.

We have 3 swim coaches: Ugur Taner (former Olympic swimmer), Cindy Lee, long-term swim

Continued on page 5

continued from page 4

instructor, well known to many on the coast, and John O'Hara, Water Polo Coach. Student volunteer aide(s) help the coaches and have the benefit of a mentoring situation. We couldn't have developed so much without the volunteer efforts of the Board members, and the time and financial support of the families involved with Mavericks.

Lezlee Miller presented the reasons, work involved, and the decision to have a Vision Statement to describe the Mavericks Swimming Association. **Success at Every Level** addresses our philosophy of personal best and fits the organization's principles, which houses more than a swim team. It addresses the work and focus of all the groups and creates a unified goal.

Amy Worden distributed copies of the annual Maverick Financial Statement and discussed the various cost and income categories.

Barb Masek reported on recent swim meet statistics. The swim team is attending more swim meets, a larger number of swim team members are regularly competing at swim meets, and achieving better swim times, pushing them into high levels of competition and success. The report also described the percentages of swimmers who scratched or dq'ed (disqualified for an event) and the average number of swim events swam. The statistics show the improvement and progress of the Mavericks Swim Team.

Cindy Lee took the opportunity to explain the use and focus of the handbook, which John DiNapoli developed, to aide swimmers in their progress. Cindy also explained coaching philosophy and the expectations that the swimmers listen to the coaches and make the effort to follow directions. The interest is for the swimmers to have a good time but also to grow as swimmers and people. Cindy explained her enthusiasm for the kids and her enjoyment in coaching for the Mavericks.

Ugur Taner discussed the swim routine program and how it is implemented. The season is 12-16 weeks and includes 3-4 swim meets per session. The weeks are broken into 4 phases of swim training.

Phase 1: Endurance is the priority- Working on yardage, an emphasis on a continuous workout, where technique and speed work is the focus.

Phase 2: Anaerobic capacity is the priority. This includes a goal where a high heart rate is 140-150 level threshold. Train below threshold level. Lactic acid builds with fairly hard workouts and teaching to work with these swimmer conditions is an important phase of training.

Phase 3 runs for about 3-4 weeks. Anaerobic sprinting. This is where there is high intensity, then more

resting. Lactic tolerance and pushing beyond the comfort zone gets bodies used to it. Characterized by more intense workout/ more rest. Healthful eating and sleep is an important need for swimmers. **Phase 4** entails preparation for a swim meet. Turn technique, starts and finishes are emphasized. Workouts are easier. Work is sprints and quick ends, maintenance and polishing skills. This is the easiest time. And the swimmer needs to feel rested, not burned out.

Swim season workouts are varied, and so if a swimmer isn't there certain days, it's not like they are missing stroke development. Strokes are blended. 2000-3000 yards in a workout is the maximum length achieved. The coaches keep running records on a swimmer's stroke development and have attendance lists to match training needs.

John DiNapoli presented the Mavericks Swim Club with an opportunity that the parents decided to do, but it takes commitment from all the families in Mavericks. The hands-up vote approved the idea to host a Zone swim meet. It is scheduled for February 8th. It's a big, one-day, all-day event to be held at Pacifica Oceana pool.

Meet Director position to be held by Margie MacDougall, who has been directly involved with all aspects of running a meet previously with another Bay area team. We're lucky to have her organize this event. Hospitality, food preparation & serving, timers, sign-up, sales of equipment/clothing are a few of the areas where volunteers will need to sign up. A list of positions to fill is being circulated and the commitment is for ALL swim families to volunteer for this one-time very important event.

This is a very good opportunity for the Mavericks Swimming Association to be visible within the North Zone and to bring about goodwill within the swim community.

Meeting ended at 8:40pm.

Respectfully submitted by Barbara Masek

Board of Directors Meetings are held at the La Petite Baleen conference room, 775 Main St., Half Moon Bay, on Tues. or Wed. of the 2nd week of the month. All are welcome to attend. Check the Mavericks website calendar or contact John DiNapoli for exact date and time.

