

Calendar of Upcoming Events

- Feb. 8 Swim Meet - C/B/A+ Oceana Pool, Pacifica
HOSTED BY THE MAVERICKS
- Feb. 28-29 Swim Meet - C/B/A+ correction: in Palo Alto
Host: Palo Alto Stanford Aquatics
- Mar. 12-14 *Team Focus Swim Meet - AA+ in San Ramon
Host: San Ramon Valley Livermore Aquatics
- Mar. 20-21 *Team Focus Swim Meet - C/B/A
Oceana Pool, Pacifica
Host: South San Francisco Aquatics Club
- April 1-4 Swim Meet - Q Pacific Swimming Short Course
Far Western Championships, in Pleasanton
Host: Pleasanton Seahawks
- April 24-25 Swim Meet - BA+ Long course, in Sunnyvale
Host: Palo Alto Stanford Aquatics

**The next issue of the MavSplash! will be
distributed Wed., Mar. 3.
Deadline for articles is Wed., Feb. 25.**

Message From Coach Ugur

Developing Your Confidence, Part Two

This is part 2 of my series on confidence. Last time I wrote about how a swimmer can gain confidence. I discussed how a swimmer may accomplish this by attending practices, swimming at swim meets, and by having unconditional support from teammates, friends, and family.

This month's column will now focus on developing your confidence. To develop your confidence, it must be put to the test. It needs to be refined in fire so it can develop, grow, and become more stable. The last thing a swimmer needs is confidence that is easily broken. As your coach, we need to shape it, and mold it through a series of challenges.

In order to strengthen a swimmer's confidence, he needs to go through the challenging times. By that I mean, he needs to put himself into challenging situations and take risks. If you never challenge yourself by taking yourself out of your comfort zone, then you will never grow. This is where Cindy and I can help.

First, at practice, there are times when you will be challenged with a set that is tough. These sets are designed to accomplish many things. One of them is to develop your confidence. If a swimmer can swim 10 x 50s freestyle on a :45 second send-off, then a month later do the same set on a :40 second send-off, confidence must grow through this process. He has shown improvement over time, thus making him more confident towards achieving his goals.

Secondly, at swim meets, if you improve your time, then you know you are getting closer to your goal. You also know that your training is going in the right direction because it is giving you positive results. Therefore, your confidence can now grow because of this improvement. Another way to feel more confident at swim meets is by swimming new events. If you swim, for example, the 100 fly for the first time, you might be a little nervous and scared. But if you accept the challenge, do your best, you will find out that you can do it. This should give you more confidence because now you are swimming more difficult races. The more challenges and fears you overcome as an athlete, the more confidence you will have in yourself. Instead of saying, "This is hard, I don't know if I can do it." You will now be saying, "I think I can do it, I'm going to try my best."

As you can see, confidence has a snowball effect to it. It relies on past performances at practice and swim meets. The more positive experiences you have at practice and at swim meets, the more confident you will be. As you improve and put yourself to the test, you will see that your dedication is paying off, thus giving you more confidence in what you do!

Next step? Maintaining your confidence through the valley.

– Coach Ugur

*First Annual
Mavericks
Sprint-O-Rama
This Sunday!*

Message From Coach Cindy

“At workout you make it happen! At a swim meet you let it happen!”

(Quote from a speaker at the recent Coaches' clinic)

This article is to reinforce the importance of swimming correctly and with effort during practice time. The way you swim at practice is the way you'll perform at the meet.

Things to think about at practice:

- Explosive start (when we practice starts); streamline off the dive
- How do I swim my race?
- How's my breathing?
- Here comes the wall- good turn- streamline off the wall
- Am I using my legs?
- Finish the race head down, you'll get to see your time soon enough!
- Am I working hard today? Will I feel good about my effort after practice?

A few things to remember at the meet:

- Be a proud member of the Mavericks Swim Team and represent yourself well.
- Warm-up and warm-down at the meet.
- During warm-up, practice all your great turns and finishes that you've been working on. Swim until you feel loose and ready to race. Dive practice when that becomes available.
- After your race, swim down until you feel loosened up again and ready for your next event.
- Stretch before your race. Flexibility is important!
- Tell your coach your heat and lane.
- Remember: When you hear the one long whistle, that's the time to step up on the block.
- Have fun and let all your hard work take over for the race.
- Talk to your coach after the race and get feedback on how your race was!!

Good luck to you all! You're doing great!! Keep up the good work!!!

– Coach Cindy

Message From the President

Are There Mavericks in the Community?

Yes there are! At the Mavericks Banquet, you learned that several (9 and growing) swimmers at Mavericks participate as volunteer coaches for the Special Olympics Swimming Program here in Half Moon Bay. This is an invaluable opportunity for our children to learn tolerance, patience, and responsibility.

It is also an opportunity for our children to learn to reach out to their community.

The fact is, many of our own Mavericks swimmers already participate in several community volunteer activities.

I would like to recognize every single Mavericks swimmer for their contribution to the community. Not because they do it for the recognition, but because it may serve as encouragement to others in the team and in the community to help those who are in need.

Mavericks will spotlight each person's story in our newsletter and encourage others who may not have found a way to contribute to their community.

Please forward your volunteer's story to me (dinapolj@comcast.net). Provide the following information so that I may contact you to prepare a piece for our newsletter.

- Organization's Name,
- Organization's Purpose,
- Volunteer Frequency,
- Year Volunteer Started,
- Organization's Web Site (for further information)

Thank you for this opportunity to try to make a difference in these young people's lives.

News for Swim Parents

Each month we will include a special Section from the American Swim Coaches Association called "News for Swim Parents." In this first installment, you should find two articles: "Watching Your Child at Swim Lessons or Swim Practice," a guide on understanding some of what goes on in practice; and, "Practice is Too Hard!," an article describing some of the challenges and purpose of swim practice.

Don't miss next month's article titled "Practice and Competition for 10 and Unders," a look at emphasizing "Fun, Fitness, and Friends."

– John DiNapoli
Mavericks Swimming
Association President

Swimmer of the Month

By Coach Ugur

Attention Parents and Swimmers!

The Mavericks Swim Team will now be selecting a Swimmer of the Month. The first "Swimmer of the Month" will be in the March newsletter. Cindy and I will be selecting one swimmer from our team that deserves special recognition.

We will base our decision on the following criteria, but not limited to, attendance, leadership skills, meet participation and/or performance, team work, practice performance, or any outstanding behavior that we feel needs to be recognized. When we select the Swimmer of the Month, a section of the newsletter will be dedicated to this athlete describing his or her outstanding efforts.

Cindy and I will be keeping our eyes open for our first candidate during the month of February!!!

Notes on the Swim Meet Sign-up Process

As Coach Ugur said in the last newsletter, all swimmers will be automatically signed up for upcoming meets. Here's some more information on the process:

The coaches will enter the kids into events. The swimmers will be entered into all of their best events and sometimes in off events. The off events will be determined by the event selection that is offered at the meet, as well as what the coaches have in mind for each individual swimmer.

Coach Ugur will send out an email requesting a response from any family that is not planning to attend. All swimmers planning to attend do not need to reply.

The team entries will be posted at the pool in our information center.

Mavericks Annual Awards Dinner

Congratulations to the following swimmers who received awards at the annual Mavericks Swimming Association awards dinner held on Jan. 18th:

8 years & under:

| | |
|--------------------|----------------|
| Most Inspirational | Shailo Rushing |
| Most Improved | Matthew Tolar |
| Most Outstanding | Eoin Bloomer |

9 & 10 years old:

| | |
|--------------------|-----------------|
| Most Inspirational | Nina Mullin |
| Most Improved | Delaney Sproles |
| Most Outstanding | Brian Gerrity |

11 & 12 years old:

| | |
|--------------------|-----------------|
| Most Inspirational | Ashley DiNapoli |
| Most Improved | Monica Tolar |
| Most Outstanding | Brittney Boyd |

13 & 14 years old:

| | |
|--------------------|-----------------|
| Most Inspirational | Shane Trigueiro |
| Most Improved | Melissa Rhoads |
| Most Outstanding | Alexa Laffen |

15 to 18 years old:

| | |
|--------------------|------------------|
| Most Inspirational | Chris Haynes |
| Most Improved | Skylar Trigueiro |
| Most Outstanding | Josh Tatro |

HMB High School Swim Practices

By Coach Ugur

The HMB high school swim season has officially begun. The following are the scheduled home swim meets at our pool. Most likely these meets will cut into our Mavericks swim time, but we will still have practice. The kids will get in as soon as the meet is over. I will give further information about workouts being cancelled or not as we get closer to the dual meet season. Most likely, the first swim meet will take a little while, because the kids will not know what they are doing.

Here's the good news. I'm the assistant coach for the HMB Cougars team, and I do the announcing at the dual meets. I am a fast announcer and like to keep the swim meet moving right along, so our practices should start a little later than usual, but not much. I will keep you all posted.

Thursday, March 18

Thursday, March 25

Thursday, April 15

Tuesday, April 27

These are all of the home meets, so it shouldn't be too bad. There will be some practice meets from March 1-12. Like I said, I will keep you all posted as to when we have a practice meet. But as of now, these are all home meets that need to be noted on your calendars.

News For SWIM PARENTS

Published by The American Club Swimming Association
2101 North Andrews Ave., Suite 107
Fort Lauderdale FL 33311

Watching Your Child at Swim Lessons or Swim Practice

For over four years I watched my daughter swim under the direction of other coaches. I have also watched her at basketball practice and games, and dance, and figure skating. I know the joy of watching her in these activities. I also know and understand the overwhelming desire to direct, correct, encourage, and sometimes scold my child at practice. But those are not proper parental behaviors once I have released her into the care of a coach or teacher. As a parent, am not to interfere with the practice or attempt to talk to my child during the practice session.

In our swim program, we want the child's attention focused on the coach and the tasks at hand. Occasionally children miss an instruction, or have a goggle problem, or are involved in some other distraction, or are simply playing and having fun – which is all normal behavior for young children. We view these little difficulties as part of the learning process and we allow the children an opportunity to develop the self discipline and self reliance needed to overcome these difficulties without the help of moms or dads.

We know it is common in many other youth sports for parents to stand at the sidelines and shout instructions or encouragements and sometimes admonishments to their children. However, in our swim program we ask you not to signal them to swim faster, or to tell them to try a certain technique, or to offer to fix a goggle problem, or to move away for some other “menacing” swimmer, or even to remind them to listen to the coach. In fact, just as you would never interrupt a school classroom to talk your child, you should not interrupt a swim practice by attempting to communicate directly with your child.

What's wrong with encouraging your child during practice? There are two issues. First we want your child to focus on the coach and to learn the skill for their personal satisfaction rather than learning it to please their parents. Secondly, parental encouragement often gets translated into a command to swim faster and swimming faster may be the exact opposite of what the coach is trying to accomplish. In most stroke skill development we first slow the swimmers down so that they can think through the stroke motions. Save encouragements and praise for after the practice session! This is the time when you have your child's full attention to tell them how proud you are of them.

What's wrong with shouting or signaling instructions to your children? When I watch my 9 year old

daughter play in a basketball league I understand the overwhelming desire of parents to shout instructions to their children because that is what I want to do. But those instructions might be different from the coach's instructions and then you have a confused child. Sometimes you might think the child did not hear the coach's instruction and you want to help. Most of us do not want to see our own kids make a mistake. The fact is that children miss instructions all the time. Part of the learning process is learning how to listen to instructions. When children learn to rely on a backup they will have more difficulty learning how to listen better the first time.

As parents, many of us want our children protected from discomfort and adversity and we will attempt to create or place them in an environment free from distress. So, what's wrong with helping your child fix their goggles during practice time? Quite simply, we want to encourage the children to become self-reliant and learn to take care of and be responsible for themselves and their own equipment. Swimming practice is a terrific place to learn these life skills. Yes, even beginning at age 6 or 7.

If you need to speak to your child regarding a family issue or a transportation issue or to take your child from practice early you are certainly welcome to do so but we will immediately get your child out of the water. If you need to speak to the coach for other reasons please wait until the end of practice or call the phone number listed above.

I have been coaching young children for over 30 years. I appreciate the opportunity to enjoy their enthusiasm and energy and wonderful personalities. I coach each of them with care for their safety and concern for their social, physical, learning skills, and life skills development. Thanks for bringing your children here as we both teach and direct them to become more responsible and confident young people.

News For SWIM PARENTS

Published by The American Club Swimming Association
2101 North Andrews Ave., Suite 107
Fort Lauderdale FL 33311

“Practice is Too Hard!”

Yes, sometimes some of the things we do are “hard.” I prefer the word “challenge.” Part of what we do in practice is to challenge swimmers to extend themselves beyond what they thought they are capable of doing. We do this with care and in a systematic and progressive manor. We do not attempt to drive weaker age group swimmers from the sport. Nor do we attempt to make each swimmer an Olympic swimmer. I have long term patience for each swimmer’s development.

How much “challenge” is enough? The answer depends on the age and level of swimmer. In our age group program less than 15% of the available time (on a weekly basis) is set aside for “challenge sets.” (Three 15 minute blocks of time per week.) We record and track times on these test sets and coach the children to higher levels of performance each week. For some swimmers with the desire and ability, challenge sets will eventually make up 30 to 40 percent of the available workout time. It may take some swimmers two or three years to get to that point.

All the facts and figures do not matter to a swimmer who says “It’s too hard.” This is where helpful support from parents can be of great assistance. Parents can remind children that some exercises push children into zones of uncomfortableness with good reason. We do not adapt without some workout overload or stress. It is a basic principle of training applicable to all ages. It is also a basic principle of life that sometimes things get uncomfortable and we work a little harder to bring about a change.

With the change in coaching and in coaching styles the practices are indeed very different. We do far more stroke work now and we also challenge a bit more. With patience and support I am hopeful that all the children will adapt and eventually enjoy the practice session. In my 27 years of coaching I have rarely lost children from the program because they

did not have fun or felt it was too hard. Indeed, in the past the most common complaint about my age group programs has been that I did not give enough work and that I was holding swimmers back. (I was guilty of preparing swimmers for the future rather than my own and the parent’s own immediate gratification.)

At the age group developmental level our primary goals are to teach swimming skills, learn good practice habits, expose the children to life skills, set the aerobic conditioning foundation for senior level swimming, introduce competition opportunities, and to have fun.

“Fun” is an interesting word. One day at age group swim practice I asked 12 very exhausted swimmers aged 10 through 12, “How many of you had fun today?” This I asked after they had completed their first ever 3000 yard workout in a 75 minute period. Of course I was expecting none of them to say they had fun. What I was hoping to do was create a teaching moment where we could talk about the difference between fun and satisfaction. To my surprise every child wearily raised their hands and said that they had had fun. When I asked them to explain, they all said they felt that way because they had never done 3000 yards before. Eventually, three years later, 4 of the 12 swimmer completed 6000 yard in a 90 minute period and the other 8 completed between 4000 and 5000. All those swimmers are still swimming and still loving the sport because the challenge is the fun and the fun is the challenge.

Mavericks Swim Team
 SOLO Swim Club Meet Recap
 Jan. 17-18, 2004 Pacifica, CA

| SWIMMER | AGE | EVENT | TIME ENTERED | TIME SWAM | DIV | PLACE | SWIMMER | AGE | EVENT | TIME ENTERED | TIME SWAM | DIV | PLACE |
|---------------------|-----|-------------|--------------|-----------|-----|----------|-------------------|------------|----------|--------------|-----------|-----------|---------|
| BENT, IAN | 9 | 100 FREE | 1:47.39 | 1:33.35* | C | | MACDOUGALL, MIKE | 16 | 100 FREE | 54.72 | 55.06 | A | 4 |
| | | 50 BREAST | | 57.87 | C | 8 | | 100 FLY | 1:07.16 | 1:09.57 | A | 4 | |
| | | 100 BACK | | | | | | 200 FREE | 2:07.42 | 2:06.77* | A | 6 | |
| | | 50 FREE | 47.75 | 43.22* | C | | | 100 BACK | 1:05.41 | 1:08.01 | A | 6 | |
| | | 50 BACK | 48.10 | 51.34 | B | | | 50 FREE | 24.08 | 24.84 | A | 4 | |
| | | 200 FREE | 3:39.02 | 3:27.00* | C | | | | | | | | |
| BLOOMER, ADAM | 7 | 50 BACK | | 55.64 | C | 1 NEW B | NISHIZAKI, LAUREN | 11 | 50 FREE* | 35.73 | 35.36* | B | |
| | | 25 FREE | 22.84 | 21.73* | B | | | 100 I.M.* | | DQUED | | | |
| | | 50 BREAST | | DQUED | | | | 50 BREAST* | | 52.61 | C | 6 | |
| BLOOMER, EGIN | 9 | 50 FREE | 34.21 | 33.76* | A | | QUIRK, AUDREY | 8 | 50 FREE | 52.04 | 47.22* | B | |
| | | 50 BACK | 39.92 | 38.38* | A | 5 NEW AA | | 25 BREAST | 32.12 | DQUED | | | |
| | | 200 FREE | | 2:46.97 | C | 1 NEW A | | 25 BACK | 25.08 | 27.39 | B | | |
| | | | | | | | | 50 BACK | 56.37 | | | SCRATCHED | |
| BOYD, BRITTNEY | 13 | 200 BACK | 2:40.13 | 2:39.79* | A | | | 25 FREE | 24.65 | | | SCRATCHED | |
| | | 100 FREE | 1:04.51 | 1:04.95 | A | | | 50 BREAST | 1:04.99 | | | SCRATCHED | |
| | | 100 FLY | 1:24.11 | 1:22.22* | B | 5 | RHOADS, MELISSA | 14 | 200 BACK | | 3:02.82 | C | 2 NEW B |
| | | 200 FREE | 2:31.80 | 2:25.44* | B | 4 NEW A | | 100 FREE | 1:11.60 | 1:11.82 | B | | |
| | | 100 BACK | 1:14.68 | 1:13.93* | A | | | 500 FREE | 7:05.52 | 6:55.29* | B | 3 | |
| | | 50 FREE | 28.65 | 28.86 | A | | | 200 FREE | 2:38.68 | 2:27.90* | B | 6 NEW A | |
| BURKE, KYLE | 13 | 200 BACK | 2:25.92 | | | | | 50 FREE | 32.04 | 30.83* | B | 4 NEW A | |
| | | 100 FREE | 58.26 | 57.75* | A | 8 | | 200 BREAST | 3:14.31 | 3:20.52 | A | | |
| | | 100 FLY | 1:08.83 | | | | | | | | | | |
| | | 200 FREE | 2:12.84 | | | | RUSHING, SHAILO | 9 | 100 FREE | 1:22.30 | 1:17.92* | A | |
| | | 100 BACK | 1:02.82 | 1:02.37* | A | 3 | | 50 BREAST | 50.05 | 48.67* | B | 3 NEW A | |
| | | 50 FREE | 25.82 | 25.60* | A | 5 | | 50 FLY | 46.88 | 43.87* | B | | |
| DINAPOLI, ASHLEY | 11 | 100 BREAST* | 1:37.09 | 1:31.72* | B | 3 NEW A | SPROLES, DELANEY | 9 | 100 FREE | 1:32.65 | 1:25.26* | B | |
| | | 50 BACK* | 39.18 | 38.27* | A | | | 50 BREAST | 54.57 | 54.60 | B | | |
| | | 50 FLY* | 40.80 | 41.70 | B | | | 100 BACK | 1:50.76 | 1:42.26* | B | | |
| | | 50 FREE* | 32.23 | 31.32* | A | | | 50 FREE | 40.56 | 38.21* | B | | |
| | | 100 I.M.* | 1:26.18 | 1:23.32* | B | 5 | | 50 BACK | 50.05 | 45.13* | B | 6 NEW A | |
| | | 50 BREAST* | 41.71 | 41.63* | A | | | 200 FREE | 3:26.35 | 3:07.98* | C | 3 NEW B | |
| DOWNING, KELSEY | 13 | 200 FREE | | DQUED | | | TOLAR, MONICA | 12 | 50 BACK* | 35.76 | 34.90* | A | |
| | | 100 BACK | | 1:31.37 | C | 5 | | 200 I.M.* | 2:52.73 | 2:55.37 | A | | |
| | | 50 FREE | | 35.48 | C | 2 NEW B | | 50 FLY* | 37.31 | 39.07 | B | | |
| GERRITY, BRIAN | 10 | 100 FREE | 1:18.12 | 1:20.74 | A | | | 50 FREE* | 29.37 | 28.94* | A | | |
| | | 50 BREAST | 41.37 | 42.16 | A | 1 | | 100 I.M.* | 1:16.73 | 1:20.59 | A | | |
| | | 50 FLY | 40.53 | 40.60 | A | | | 100 FLY* | | 1:30.74 | C | 2 NEW B | |
| | | 50 FREE | 36.24 | 35.14* | A | | TRIGUEIRO, SHANE | 14 | 200 FREE | 2:37.60 | 2:26.00* | C | 2 NEW B |
| | | 50 BACK | 43.91 | 45.98 | A | | | 100 BACK | 1:24.13 | DQUED | | | |
| | | 100 BREAST | 1:31.63 | 1:34.88 | A | 4 | | 50 FREE | | 28.83 | C | 1 NEW A | |
| GERRITY, PATRICK | 11 | 100 BREAST# | 1:48.87 | 1:42.92* | C | 2 | TRIGUEIRO, SKYLAR | 16 | 100 BACK | | DQUED | | |
| | | 50 BACK# | 44.29 | 41.48* | B | 8 | | 50 FREE | 32.31 | 30.91* | C | 1 NEW B | |
| | | 50 FLY# | 39.78 | 38.60* | B | 7 | | 200 BREAST | | 3:05.80 | C | 1 NEW B | |
| | | 50 FREE# | 33.44 | 34.45 | B | | | | | | | | |
| | | 50 BREAST# | 47.99 | 49.00 | B | | | | | | | | |
| | | 100 I.M.# | 1:27.46 | 1:34.50 | B | | | | | | | | |
| GOSS-CALMAN, KATHAR | 11 | 100 BREAST* | | 2:59.97 | C | | | | | | | | |
| | | 50 BACK* | 58.53 | 59.05 | C | 6 | | | | | | | |
| | | 50 FREE* | 54.64 | 49.80* | C | 6 | | | | | | | |
| | | 50 BREAST* | | 1:21.75 | C | 8 | | | | | | | |
| KINGSHILL, KEVIN | 10 | 100 FREE | 1:22.04 | 1:22.40 | B | | | | | | | | |
| | | 50 FLY | 42.13 | 41.58* | B | 3 | | | | | | | |
| | | 100 BACK | 1:44.79 | 1:40.20* | B | 6 | | | | | | | |
| | | 50 FREE | 35.86 | 36.08 | A | | | | | | | | |
| | | 50 BACK | 46.22 | 46.54 | B | | | | | | | | |
| | | 200 FREE | 2:57.35 | 2:59.83 | A | | | | | | | | |
| LAFFEN, LEXI | 15 | 200 BACK | | 2:51.75 | C | 1 NEW B | | | | | | | |
| | | 100 FREE | 1:05.21 | 1:06.50 | A | | | | | | | | |
| | | 500 FREE | 6:46.09 | 6:37.77* | B | 1 | | | | | | | |
| | | 200 FREE | 2:25.06 | 2:25.42 | A | 6 | | | | | | | |
| | | 100 BACK | 1:21.96 | 1:18.94* | B | 1 NEW A | | | | | | | |
| | | 50 FREE | 28.74 | 29.53 | A | 6 | | | | | | | |
| LARIMER, EMILY | 15 | 200 BACK | | 2:52.88 | C | 2 NEW B | | | | | | | |
| | | 100 FREE | | 1:11.33 | C | 1 NEW B | | | | | | | |
| | | 100 FLY | | | | | | | | | | SCRATCHED | |
| | | 100 BACK | | 1:19.73 | C | 1 NEW A | | | | | | | |
| | | 50 FREE | 37.76 | 30.62* | C | 1 NEW A | | | | | | | |
| | | 200 BREAST | | 3:08.32 | C | 1 NEW A | | | | | | | |