

Calendar of Upcoming Events

Through April 16 Registration for next Mavericks Swim Session- See article on pg. 3.

April 24-25 Swim Meet - B/A+ Long course, in Sunnyvale
Host: Palo Alto Stanford Aquatics

May 22-23 Swim Meet - B/A+ Long course, in Burlingame
Host: Burlingame Aquatic Club

**The next issue of the MavSplash! will be distributed Wed., May 5.
Deadline for articles is Wed., April 28**

Message From Coach Ugur

Swim Meet Preparation Part 2: The Meet

Last month I wrote about swim meet preparation and the kinds of things that you should be eating before and during the meet. This month I will be covering the swim meet itself. Let's start with your arrival at the meet. The first thing to do is go straight over to the check-in tables to let them know you are there and that you will be swimming your races. This is very important to do. Pacific swimming has positive check-in so as to avoid heats with empty lanes. This is a more efficient way to run swim meets, and helps move things along faster.

After checking in, it's time to go and find the team area to put your bag down and then go and get changed into your swimming suit. Once you have your suit on, find your friends, and slide into the water for your meet warm up. Although many of you know what the meet warm up is, here it is again. **200 free, 200 back, 200 breast, 200 IM drill, then 2 starts from the blocks and a warm down.** All swimmers are welcome to do a little extra if they feel that they need more warm up!

Once the swim meet starts, Cindy and I will need to be ready to watch your swims and give you some words of encouragement. Because of the positive check-in procedure, heat and lane assignments will be posted on large boards or on a wall. Please make sure you come to us before your races and tell us what heat and lane you will be swimming in. During this time, Cindy and I might have some advice for

you, or some key things that we would like you to concentrate on when you are getting ready to swim. It's important to do this for every race, because the advice is always different and the strategies may change.

Now, it's time for your heat. You approach the blocks. After the first whistle blows, you may step up on the blocks. After the second long whistle, the starter asks you to take your mark, and then you will hear the loud BEEEEP. Now you should dive in and swim!

After your race, the first thing you should always do is warm down. Your muscles will be tired, and your heart rate will be high. It's important to lower your heart rate and swim easy until your body feels recovered. If you do not do this, then it will become more and more difficult to recover between each race, and your muscles will start to feel sore, which can make you feel worse for your next event.

After warming down, you need to come speak to Cindy and I. We want to speak to you to go over what went well, and what we might need to practice more. Since we are always trying to do our best, feedback is an important part of growing and improving.

After that, now you can go relax until your next event. Make sure you eat healthy snacks and drink plenty of water. Some fun things to do at swim meets are cheering for your friends, hanging out with your teammates, playing card games, eating healthy food, swimming fast, drinking water, having staring contests, and much more!

– Coach Ugur

Message From Coach Cindy

Teamwork

During practice everyday you experience swimming in a lane with other swimmers or your "lanemates." I'm sure that you realize that working together in the lane makes the workout more enjoyable and beneficial to you. So, I suppose we could call this a type of teamwork.

As the team progresses and achieves faster times and better swims we could be considered as a formidable team in our area. It will be fun to go to meets and have people comment about the Maverick's swimmers and how good of a team they

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are. We might even be able to consider finishing higher at the meets as a team because more swimmers are participating and finishing with higher places in their age groups which get the team points.

Of course, these are new things to consider as everyone becomes stronger and more accomplished as swimmers and we develop and grow as a team. So, when practice seems hard or it's just not your day, maybe you could consider doing it for the team and that might make practice O.K. for that day.

Keep cheering for each other at meets and helping one another with heat and lane assignments. You guys are really great at that!!! Keep up the good work.

– Coach Cindy

Mavericks in the Community

By John DiNapoli

As our second installment of “Mavericks in the Community,” I would like to recognize some of our swimmers who contribute valuable time in their communities.

We have 12 Swimmers from the Mavericks Swimming Team, including High School Swimming, who volunteer as Assistant Coaches for the Special Olympics of Northern California.

Each Tuesday, after swim practice ends at 6:00pm, we arrive at the Ocean Colony Club near the Ritz Carlton to be ready for stretches at 6:30pm. We are fortunate to have so many volunteers - at least one volunteer for each Special Olympics swimmer. Two years ago, there were a couple of swimmers from Mavericks, including Ashley and myself. Last year we had around 4 swimmers associated with Mavericks and now we are at 12. This is a very impressive showing of volunteerism and service to the community. These young swimmers work hard assisting, demonstrating, and nurturing these swimmers for an hour, leaving at 7:30pm to go home to their homework studies. I am so proud of our Assistant Coaches. Please take time out to recognize these dedicated swimmers for their contributions to the community. General qualifications to be a Mavericks Assistant Volunteer Coach is that you are a mature, dedicated, “A” swimmer in good standing.

From the Primary School Grades we have Brittney Boyd, Ashley DiNapoli, Shailo Rushing, Delaney Sproles, and Conness Miller. From the High School, we have Melissa Rhodes, Emily Larimer, Maya Kreiling, Shane Trigueiro, Skyler Trigueiro, Mackie Noguchi, Danny Grech, Abby Spaeth.

Special Olympics Background

Special Olympics is a non-profit organization dedicated to providing year-round sports training and

competition in a variety of Olympic-type sports for people eight years of age and older with developmental disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community.

You can check out these programs and more at the Mavericks Volunteer site at:

<http://mavericks-swim.org/usswim/community.shtml>

Mavericks will spotlight each story in our newsletter to inform and encourage others who may not have found an opportunity to contribute to their community. Please forward your volunteer's story to us. Provide the following information so that we may contact you to prepare a piece for our newsletter. Please provide the following:

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

Send your story to: Community@mavericks-swim.org

SWIMMER OF THE MONTH

Congratulations, Eoin Bloomer!

March was a tough month to pick one swimmer because there were many Mavericks swimmers that did some outstanding things. Eoin Bloomer really made an impressive stand this month at the SSFAC short course meet. He was able to better his time in the 50 backstroke to 35.19 from just the previous weekend at the Junior Olympics where he swam a 36.07. Eoin was just .10 second from a PRT time in that event! The following day in the 100 backstroke, Eoin was ready for more. His final time was 1:17.06, thus sweeping the backstroke events in his age group!

Both of Eoin's swims qualified him for the Far Western swim meet on April 1-4. Eoin will be joining teammate Kyle Burke (13-14 boys) as the Mavericks attend the Far Westerns for the first time ever!

– Coach Ugur

UPCOMING REGISTRATION!!!

Please note our upcoming session begins April 19th.
Session payment options are as follows:

April 19 - July 30 \$340
April 19 - June 18 \$205

Those who are on the monthly payment plan will continue to pay by the first of each month.

Please note: All payments and renewal forms must be received by April 16th in order for your swimmer to continue.

Summer Swimming Sessions

The BOD has elected to offer the following plan for the summer session in order to accommodate our swimmers and families. Two week intervals at a rate of \$50 per two week period:

June 21 - July 1 \$50
July 5 - July 16 \$50
July 19 - July 30 \$50

Please note these are firm dates and **cannot be interchanged** for one week in each session. For the summer sessions all payments must be received by **June 1st**.

You will find the renewal forms in the box in the communication center at the pool by April 1st.

Thank you,
Mavericks Registration Committee

S.A.M.M.S.

SWIMCLUB AND MEET MANAGEMENT SYSTEM

SERIAL # 6001

PACIFIC SWIMMING SHORT COURSE JUNIOR OLYMPIC TRIALS AND FINALS MEET

M E E T R E C A P

03/12/04 THRU 03/14/04

MAVERICKS

S W I M M E R	AGE	E V E N T	ENTERED	S W A M	PLC S P L I T S		
BLOOMER, EOIN	9	50 BACK	38.38	T	36.07*			
BURKE, KYLE	13	50 FREE	25.60	T	25.67			
		200 BACK	2:13.70	T	2:15.76			
		100 BACK	1:02.37	T	1:00.12*			
				F	1:01.55	6	NEW Q	31.28 1:05.86 1:40.77
								28.85
								29.93
GERRITY, BRIAN	10	100 BREAST	1:32.09	T	1:30.64*			42.80
		50 BREAST	40.89	T	41.38			
MULLIN, NINA	10	100 BREAST	1:32.54	T	1:30.21*			42.90
TOLAR, MONICA	12	50 FREE	28.81	T	28.65*			
		50 BACK	34.30	T	33.01*			

Palo Alto Stanford Aquatics
C/B/A+ Feb. 28 - 29, 2004, Palo Alto, CA
Meet Results

Time	F/P/S	Event	Improv	Time	F/P/S	Event	Improv
Bent, IAN (10) 1/21/1994 M 012194IANABENT (PRI)				Kingshill, KEVIN (10) 6/13/1993 M 061393KEVMKING (PRI)			
3:24.99Y	F # 24	Male 10 & Under 200 Free	-2.01	2:53.12Y	A F # 24	Male 10 & Under 200 Free	-4.23
2:02.75Y	F # 30	Male 10 & Under 100 Breast	-3.09	40.70Y	A F # 36	Male 10 & Under 50 Fly	1.05
49.52Y	B F # 42	Male 10 & Under 50 Back	2.03	44.63Y	B F # 42	Male 10 & Under 50 Back	-0.46
Bloomer, ADAM (7) 6/6/1996 M 060696ADAJBLOO (PRI)				Kreiling, MAYA (14) 9/17/1989 F 091889MAYCKREI (FR)			
DQ	F # 26	Male 8 & Under 100 IM	---	1:18.54Y	A F # 70	Male 10 & Under 100 Free	-3.50
54.54Y	A F # 32	Male 8 & Under 50 Breast	---	1:39.54Y	B F # 76	Male 10 & Under 100 Back	-0.66
49.75Y	B F # 38	Male 8 & Under 50 Free	---	3:25.10Y	B F # 82	Male 10 & Under 200 IM	---
Bloomer, EOIN (9) 10/20/1994 M 102094EOIGBLOO (PRI)				MacDougall, Mike (16) 9/17/1987 M 091787MICSMA CD (HS)			
2:37.63Y	A F # 24	Male 10 & Under 200 Free	-9.34	2:56.23Y	B F # 3	Female 13-14 200 Back	---
1:36.04Y	A F # 30	Male 10 & Under 100 Breast	-7.17	1:08.75Y	B F # 7	Female 13-14 100 Free	1.50
36.90Y	A F # 36	Male 10 & Under 50 Fly	0.28	2:39.64Y	B F # 47	Female 13-14 200 Free	3.60
39.47Y	A F # 42	Male 10 & Under 50 Back	1.09	2:58.01Y	A F # 55	Female 13-14 200 Breast	-0.46
Burke, Josh (8) 12/15/1995 M 121595JOSNBURK (PRI)				Mullin, NINA (10) 1/21/1994 F 012194NINRMULL (PRI)			
DQ	F # 26	Male 8 & Under 100 IM	---	2:44.14Y	A F # 23	Female 10 & Under 200 Free	---
43.05Y	B F # 38	Male 8 & Under 50 Free	-1.47	1:32.94Y	AA F # 29	Female 10 & Under 100 Breast	0.40
Burke, KYLE (13) 10/1/1990 M 100190KYLOBURK (MID)				Pape, LUCY (13) 1/26/1991 F 012691LUCBPAPE (MID)			
2:13.70Y	Q F # 4	Male 13-14 200 Back	-6.26	2:48.00Y	F # 47	Female 13-14 200 Free	-13.22
56.18Y	A F # 8	Male 13-14 100 Free	-1.57	3:24.69Y	F # 59	Female 13-14 200 IM	---
2:36.43Y	A F # 12	Male 13-14 200 Fly	---	Quirk, AUDREY (8) 7/26/1995 F 072695AUDGQUIR (PRI)			
DiNapoli, ASHLEY (11) 8/24/1992 F 082492ASH*DINA (MID)				Rushing, SHAILO (9) 10/2/1994 F 100294SHARRUSH (PRI)			
1:21.89Y	A F # 1	Female 11-12 100 Back	-2.13	2:53.60Y	A F # 23	Female 10 & Under 200 Free	-12.20
2:31.64Y	A F # 5	Female 11-12 200 Free	-22.21	1:44.98Y	A F # 29	Female 10 & Under 100 Breast	-5.22
1:31.84Y	A F # 9	Female 11-12 100 Breast	0.12	44.24Y	B F # 35	Female 10 & Under 50 Fly	0.37
1:07.30Y	A F # 49	Female 11-12 100 Free	-4.21	45.18Y	A F # 41	Female 10 & Under 50 Back	-0.20
2:50.51Y	A F # 53	Female 11-12 200 Back	---	1:16.03Y	A F # 69	Female 10 & Under 100 Free	-1.89
3:14.09Y	A F # 57	Female 11-12 200 Breast	-5.19	1:33.51Y	A F # 75	Female 10 & Under 100 Back	-1.93
2:51.51Y	A F # 61	Female 11-12 200 IM	-8.64	3:17.24Y	A F # 81	Female 10 & Under 200 IM	---
Gerrity, BRIAN (10) 9/23/1993 M 092393BRIFGERR (PRI)				Sproles, DELANEY (9) 6/23/1994 F 062394DELESPRO (PRI)			
2:48.87Y	A F # 24	Male 10 & Under 200 Free	-11.41	2:55.05Y	A F # 23	Female 10 & Under 200 Free	-12.93
1:32.32Y	AA F # 30	Male 10 & Under 100 Breast	0.69	44.21Y	B F # 35	Female 10 & Under 50 Fly	---
42.01Y	B F # 36	Male 10 & Under 50 Fly	1.48	42.71Y	A F # 41	Female 10 & Under 50 Back	-1.32
43.43Y	A F # 42	Male 10 & Under 50 Back	-0.48	1:20.39Y	A F # 69	Female 10 & Under 100 Free	-4.87
1:17.19Y	A F # 70	Male 10 & Under 100 Free	-0.93	1:30.74Y	A F # 75	Female 10 & Under 100 Back	-11.52
1:33.75Y	A F # 76	Male 10 & Under 100 Back	-1.42	DQ	F # 81	Female 10 & Under 200 IM	---
3:03.18Y	A F # 82	Male 10 & Under 200 IM	-0.57	Tolar, MONICA (12) 5/22/1991 F 052291MONMTOLA (MID)			
Gerrity, PATRICK (11) 6/10/1992 M 061092PATFGERR (MID)				DQ			
1:24.85Y	B F # 2	Male 11-12 100 Back	-8.97	2:26.63Y	A F # 5	Female 11-12 200 Free	0.24
2:34.34Y	A F # 6	Male 11-12 200 Free	-16.01	1:27.25Y	B F # 13	Female 11-12 100 Fly	-3.49
1:38.40Y	B F # 10	Male 11-12 100 Breast	-4.52	1:05.70Y	A F # 49	Female 11-12 100 Free	-1.14
1:22.62Y	A F # 14	Male 11-12 100 Fly	-7.62	DQ	F # 53	Female 11-12 200 Back	---
1:09.13Y	A F # 50	Male 11-12 100 Free	-4.75	DQ	F # 61	Female 11-12 200 IM	---
DQ	F # 54	Male 11-12 200 Back	---	Goss-calman, KATHARINE (11) 1/6/1993 F 010693KATIGOSS (PRI)			
2:56.35Y	A F # 62	Male 11-12 200 IM	-14.25	2:07.74Y	F # 1	Female 11-12 100 Back	-3.14
Hanson, DYLAN (8) 12/8/1995 M 120895DYLTHANS (PRI)				Hanson, MELANIE (11) 7/30/1992 F 073092MELJHANS (MID)			
2:01.93Y	B F # 26	Male 8 & Under 100 IM	---	4:12.75Y	F # 5	Female 11-12 200 Free	-1.98
55.10Y	B F # 32	Male 8 & Under 50 Breast	---	3:04.87Y	F # 9	Female 11-12 100 Breast	4.90
52.91Y	B F # 38	Male 8 & Under 50 Free	-7.85	1:56.65Y	F # 49	Female 11-12 100 Free	-3.50
Kelley, EMILY (10) 9/1/1993 F 090193EMIEKELL (PRI)				4:40.19Y			
2:53.80Y	A F # 23	Female 10 & Under 200 Free	-15.55	F # 53	Female 11-12 200 Back	---	---
1:40.52Y	A F # 29	Female 10 & Under 100 Breast	-1.77	Hanson, DYLAN (8) 12/8/1995 M 120895DYLTHANS (PRI)			
46.83Y	B F # 35	Female 10 & Under 50 Fly	-3.11	2:01.93Y	B F # 26	Male 8 & Under 100 IM	---
44.26Y	A F # 41	Female 10 & Under 50 Back	-0.04	55.10Y	B F # 32	Male 8 & Under 50 Breast	---
1:17.75Y	A F # 69	Female 10 & Under 100 Free	-8.71	52.91Y	B F # 38	Male 8 & Under 50 Free	-7.85
1:30.28Y	A F # 75	Female 10 & Under 100 Back	-14.84	Kelley, EMILY (10) 9/1/1993 F 090193EMIEKELL (PRI)			
3:13.33Y	A F # 81	Female 10 & Under 200 IM	---	2:53.80Y	A F # 23	Female 10 & Under 200 Free	-15.55

