

Mavericks Swim Team News

January 26, 2009

A message from Head Coach Cindy Lee: When your team's pool closes for eight days right before the zone championship meet it could be seen as an obstacle. Not so for the eleven qualifying Mavericks athletes entered in the Zone 1N meet where "A" qualifying times were needed to swim. The Zone 1 North meet took place in Santa Clara this past weekend. A solid training base and focus got these athletes to and through the zone championship meet. Results will be in the next newsletter.

2/8/09 - Mavericks Sprint-O-Rama UPDATES: Our Sprint-O-Rama meet is now less than two weeks away. We would like ALL Mavericks swimmers to try this short race format meet that our team hosts at the indoor pool in Pacifica. See the coach's if you need information. Entry final deadline for entries is January 29th.

DCD Meet results: Seven Mavericks athletes dove in at Westmoor HS in Daly City on January 16-18th. Clara Fassinger, Brian Gerrity, Lily Hall, Julia Nauman, and Britta Stretch posted one or more new best times at the meet. Full results can be found on Pacific Swimming's website. Also competing during the weekend at the **Cal Invitational Senior meet** were Nina Mullin and Monica Tolar.

HMBHS swim team in season: The HMBHS Cougars have now officially begun their season. Expect to see more kids using the pool than in recent months. There are about 50 students swimming for the Cougars. Cougars practice time is before Mavericks. We ask that Mavericks athletes arriving during Cougar practices be respectful and quiet so as not to be a disruption to the Cougars or their coach.

What's with the officiating at the meets? Pacific Swimming officials are volunteers. Our zone (1N) has desperately needed officials over the last few years. If anyone in your family would be interested in officiating at meets ask your coach how to get started. HDAC will be hosting an officials training clinic in San Mateo on Saturday March 7th.

SSFAC Meet Feb 21-22 Now open for entries: South San Francisco is hosting a C/B/A meet at Oceana pool in Pacifica. This is a low key meet

and we're encouraging everyone who is interested to enter. If you need help with the website for online entries see your coach.



Freestyle stroke tip: Keep your head down!

A stroke tip: In swimming we can move ourselves through the water faster by increasing propulsion and/or by reducing drag. When swimming freestyle if we keep our head down while breathing we reduce drag. This is because if we pick up our chin/head to breathe, our hips will drop making our bodies more vertical in the water. That adds drag. As you can see in this picture of Michael Phelps taken May 2008 in Santa Clara, he is maintaining an excellent body position during breathing by turning or rotating his head to breathe. Try to pay close attention to your coaches when they talk about head position and breathing because this can help you improve your swimming speed and efficiency by reducing drag.

Pool Heater: The new heater is in! It should be more reliable and energy efficient than the old heater which was over thirty years old. We regret that we had to cancel practices but the pool had to be closed due to health department while the installation was in-progress. Mavericks board has decided to extend the current session to Friday May 1st to make-up the canceled practices. Watch for one more short closure when the main circulating pump is replaced in the upcoming months.

February-March meet schedule:

Feb. 7 @Burlingame, distance meet
Feb. 8 Mavericks (@Oceana Pool, Pacifica)
Feb. 21+22 SSFAC (@Oceana Pool, Pacifica)
Mar. 7+8 Pacifica Sea Lions (@Oceana Pool)
Mar. 20-22 Junior Olympics (@San Ramon)
Mar. 28+29 SOLO (@Menlo Atherton)