

# Mavericks Swim Team News

February 9, 2009

## Mavericks Sprint-O-Rama!!!

Our big meet was yesterday and this newsletter went to print before we all came together to pull it off. Our meet is important to Mavericks and to the zone's athletes because it offers an opportunity to compete at any level. Huge thanks to meet director Doug Tolar and assistant meet director Pauline Burke for organizing and managing the event. Watch for more on Sprint-O-Rama in the next newsletter.

## PSL Meet Mar 7-8 Now open for entries:

Pacifica Sea Lions are 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. Enter online at the following link. If you need help with the website ee your coach. <http://www.swimconnection.com/pc/meet/psl>

**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 and we sometimes split the pool from 4:30 to 5:00. We ask that Mavericks athletes arriving during Cougar practices be respectful and non-disruptive to the Cougars or their coaches.

**Swimming nutrition:** Like all athletes swimmers need to eat a nutritionally balanced diet if they are going to perform at their peak. A swimmers diet consisting of 60% of calories from carbohydrates, 25% of calories from fat and 15% of calories from protein is a good start. A former coach at the University of Arizona coach summed up the importance of good nutrition by saying "Over two decades of coaching competitive swimming, I have come to realize that nutrition plays a significant role in swimmers achieving their potential. Simply stated, the foods we eat provide fuel for training and competition, which means nutrition is as important, or more so, than training."

**Staying Motivated:** Good advice: Say one positive, encouraging thing to every person in your group each week. You will be surprised by how motivating others will motivate you too.

## Upcoming Events: February-March-April:

- 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)
- April 26 Mavericks 2009 Banquet, HMB

## Zone 1 North Championships, meet results:

Eleven qualifying Mavericks athletes participated in the A+ Zone 1 North Championship meet held at the George Haines Santa Clara International Swim Center. In storied pool of this stature Mavs rose to the occasion with four of our athletes posting new best times in one or more events.



**Santa Clara grandstand Sunday at ZIN Champs:** (clockwise from front left) Nina Mullin, Casey O'Connell, Sarah Stretch, Kiyomi O'Connell, Julia Nauman and Adam Bloomer. -- RESULTS:

Athlete	Event	Time	best/ CBA+
Nauman, Julia	25 Back	23.54	- / B
O'Connell, Kiyomi	50 Free	31.38	- / A
	100 Free	1:10.02	- / A
	50 Back	35.45	yes / A
	50 Breast	37.90	yes / A
Stretch, Sarah	50 Free	30.94	- / A
	100 Free	1:06.90	yes / A
	50 Back	35.01	yes / A
	100 IM	1:19.49	yes / A
Vanuska, Elina	100 Free	1:10.84	yes / A
Bloomer, Adam	100 Free	1:08.50	- / A
	50 Back	38.50	- / A
Bloomer, Eoin	100 Back	1:07.08	- / JO
	100 Fly	1:05.64	- / A
Dinapoli, Ashley	50 Free	29.57	- / A
	200 IM	2:43.40	- / A
Mullin, Nina	50 Free	30.50	- / A
	100 Free	1:05.27	- / A
	100 Back	1:14.87	- / A
	100 Breast	1:16.15	- / JO
	100 Fly	1:12.73	- / A
	200 IM	2:29.88	- / A
O'Connell, Casey	50 Free	26.59	- / A
	100 Free	56.98	- / A
	100 Back	1:08.85	- / A
	100 Breast	1:19.80	- / B
	200 IM	2:26.96	yes / A
Olivero, Jenny	50 Free	29.83	- / A
Tolar, Monica	50 Free	26.25	- / FARW

**Official's training clinic:** HDAC will be hosting an officials training clinic in San Mateo on Saturday March 7<sup>th</sup>. See Pacific Swimming website for details [www.pacificswimming.org](http://www.pacificswimming.org)