



Maverick Swim Club  
Naperville, IL

February 2010

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**UPCOMING DATES**

***Feb. 12-14—Fox Winter Classic @ NVHS***

***Feb. 20-21—Feed the Fire Meet @ Oswego East HS***

***Feb. 21—Gold Conference Meet @ West Chicago HS***

***Feb. 26-28—ISI Regional Championships @ NVHS***

***Mar. 4-7—ISI Senior Championships @UIC Natatorium/Chicago***



## *Hello Maverick Families,*

As we roll into February, the end of our winter swim season is rapidly coming to a close. An article from Coach Mark describing the various end of the season championship meets was posted on the home page of our website last month and also appeared in the January edition of this newsletter.

Our final hosted meet of the season will be the Feed the Fire Meet that we are co-hosting with Delta Aquatics Swim Club at Oswego East High School on February 20-21. The meet packet for this meet is posted on the “Meet Schedule” page of our website. Since many of our swimmers and families will not be attending this meet, we are relying on the rest of our families who have swimmers in the Feed the Fire Meet, as well as the parents from Delta Aquatics, to help run a successful meet. With three sessions planned on both Saturday and Sunday, we need everyone’s support and participation to make the Feed the Fire Meet go smoothly. We will be publishing the parent worker signup in SuperMeets shortly and sincerely appreciate everyone’s efforts in working your jobs to make this meet a wonderful end of season experience for so many of our swimmers!

All meets after the “Gold” Conference and Feed the Fire meets on February 20-21 are time standard championship meets. We have posted or will be posting links on the website showing the Maverick qualifiers for each of these meets, and these links will be regularly updated. If you have any questions about your eligibility to swim in these meets, please ask your lead practice group coach. If you have not qualified for one of these time standard championship meets, then your last week of practice will be the week of February 15-19.

At the conclusion of this season, the Maverick board and coaching staff will be evaluating our program to determine what we are doing well and what we can do better. Part of that evaluation will be soliciting feedback from our families through an online parent survey. Candid, yet constructive, feedback is always appreciated. We will send out a link to the survey in a couple of weeks. Please complete the survey and let us know how we can improve our club for next winter season.

## ***Hello Maverick Families (cont'd)***

Also, please mark your calendars for the Mavericks awards ceremony on Sunday, April 11th at 3:00 p.m. in the auditorium at Waubonsie Valley High School. Additional details will be posted on the website shortly. All of our swimmers will be recognized at this ceremony, and each age group swimmer will receive a team trophy. Please plan on coming as we recognize the dedication and effort of all our swimmers. We recognize that the awards ceremony ran long last year for certain practice groups. We have re-organized the awards ceremony with the goal of finishing sooner, and our coaches and other speakers are committed to being concise with their comments to quickly move the program along but still give the swimmers their proper credit.

Finally, we are already starting to prepare for next winter season. If you are interested in having a greater role with Mavericks, possibly as a board member or as a chair or co-chair for one of our many parent volunteer committees, please let me know. We will be seeking at least one new board member to serve as treasurer for next season. Also, on page 4 of this newsletter, we have outlined examples of some open parent committee positions to assist with our hosted meets next season. We would love to get more parents (especially parents of our younger swimmers) involved with the running of our club.

Good luck to all our swimmers in their end of the season meets, and thanks for your continued support!

Dave Lullo

## ***Coaches' Corner***

### **THE DOS AND DON'TS OF TAPER**

Most swimmers spend the season counting down the days until taper. Taper time is that special time of the swim season that begins roughly two weeks before each swimmer's championship meet. During taper, coaches begin to cut back on the amount of yards the swimmers do at practice and lower the intensity of the sets. The idea is to have the swimmers well rested in order to peak at their championship meet. During taper what a swimmer does outside the pool is just as important as what they do in the pool. Below is a list of suggestions for what to do and what to avoid.

#### **Do:**

**Come to practice-** The idea of taper is to gradually decrease the number of yards the swimmers do at practice. If you choose to skip the practices before a big meet, chances are you will not do well come the day of the meet.

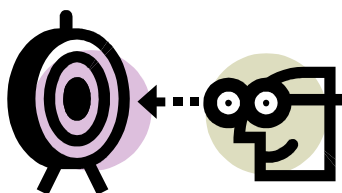
# **PRACTICE**

## Coaches' Corner (cont'd)

**Pay attention at practice-** Make sure that every set you do you are thinking about what your coaches is telling you to focus on. If you are supposed to sprint, make sure you are getting up and racing. If you are supposed to go easy, make sure you are slowing down and focusing on your stroke.



**Get your rest-** Make sure you are getting enough sleep at night. Go to bed early and make sure you are taking it easy during the day.



**Visualize your race and set goals-** Your coaches will work with you at practice to make sure you are prepared for your meet. Take a couple minutes out of everyday to visualize yourself racing fast and being successful in the water. Visualize yourself finishing your race and looking up at the clock and seeing your goal time on the board.

### **Don't:**

**Eat junk food-** Make sure you are eating a well-balanced diet in the weeks leading up to the big meet. This means cutting out the candy and potato chips and remembering to eat those vegetables!

**Be Reckless-** It's hard to swim well with your arm in your cast or a brace on your foot. Take taper time to go to a movie or stay in and play video games (tell your parents, your coaches approve!).

**Think negative thoughts-** Remain positive both in and outside of the pool. Don't think about being nervous or worry about getting disqualified. Think about how are hard you have worked the entire year in order to prepare for your big meet.

**Forget to have fun-** You have put in the time and effort for months and months and now it's time to show how hard you worked.

***Coach Mike Hubbard***



## Set the Date!

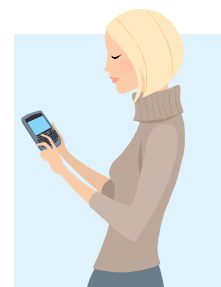
Maverick Swim Club

Awards Ceremony

Sunday, April 11

3pm—5pm

Waubonsie Valley High School



## Make a Difference!

Be a part of a successful swim team by joining one of our Parent Committees! Here are some of the Parent Committee roles that we will need assistance for next year at our various hosted meets:



**Scoring** - This job allows you to be on deck during the meet and work on the computers to process the swimmer times and score each event. There is no time commitment before or after a meet.

**Touch Pads and Timing System** - Currently, we have a need for at least 1-2 parents of 8 and under or 13 and over swimmers to get trained to oversee the touch pads and timing console during the running of the meet.

**Concessions** - Each season, we like to have 4-5 parents who are responsible for coordinating concessions at our hosted meets, including the purchase of food, replenishing of supplies as needed, coordinating with the team treasurer for appropriate cash and change prior to the meet and making arrangements for the storage of any leftover food and drinks following the meet..

**Officials** - We can always use more officials. Our team officials are not required to work every meet, but they need to complete a certain number of meet sessions for training and then a certain number of meet sessions per year to keep up their credentials. At any particular meet session, we typically have more officials that are absolutely required, so that there is a rotation in place to give everyone a break from time to time.

If you are interested in any of these positions for next year, please contact Dave Lullo at: [president@mavswim.org](mailto:president@mavswim.org).



The Mission of The Maverick Swim Club is to provide the finest possible comprehensive aquatics program.

Our philosophy of "children first, swimmers second" creates an atmosphere where children learn valuable life lessons from their experiences in a competitive swimming environment.

We are committed to a structured yet fun-oriented program, which provides an opportunity for swimmers to develop to their fullest potential.



## February Birthday Celebrations!

- |                  |                   |                   |
|------------------|-------------------|-------------------|
| Riley Bolduc     | Benjamin Bougadis | Krista Drapalik   |
| Janssen Gamilla  | Alexander Gidlow  | Alex Hogenboom    |
| Caroline Kellogg | Peter Krzywosz    | Patrick Lewellyan |
| William Mendrys  | Julia Meyer       | Lindsay Musgrave  |
| Brianna Noe      | Maeve Riordan     | Riley Schroedter  |
| Taylor Stoner    |                   | Emma Susin        |
| Marlene Traub    |                   | Jena Varda        |
| Timothy Wagner   |                   | Katrina Walter    |
| Megan Weist      |                   | Joseph Widuch     |
| Megan Yao        |                   |                   |



# CROCS for Haiti



MAVS has made a connection with a nurse practitioner who will be volunteering on a relief mission traveling to Haiti at the end of February. One of the things she would like to bring with her are **gently used** CROC like shoes to pass along to the children and adults she is helping in Haiti.

We will be collecting your donations at our Feed the Fire meet on February 20-21. We ask that you tie each pair together to ease organization and put them in the large box designated for this purpose in the team area in the auxiliary gym at Oswego East High School.

Thank you in advance for your donations!

# Mavericks Give Back



## AURORA AREA INTERFAITH FOOD PANTRY

January 7, 2010

Ms. Kristen Salerno  
Maverick Swim Club  
2896 Reserve Court  
Aurora, IL 60502

Dear Ms. Salerno,

On behalf of the Aurora Area Interfaith Food Pantry, I would like to thank you for your generous donation of 268 boxes of cereal.

This past year has been a difficult one for the Pantry, as we struggled to keep pace with the ever increasing requests for assistance. At the end of 2009, the Pantry had nearly 2,400 families registered to receive food. Over the past year, our distributions have doubled. Your support was instrumental in helping us to meet this growing need.

As we begin a new year, we give thanks for our friends and supporters, such as yourself, who make it possible for us to work toward our mission of reducing hunger within our community.

May God Bless You and grant you a healthy and happy year in 2010. Again, thank you for your contribution.

Sincerely,

Marilyn Welsner  
Executive Director

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**FOR YOUR INFORMATION:**

The Pantry is a 501(c)(3) charitable organization and your donation is tax deductible. You should consult your tax advisor for the amount of your deduction. Please use this letter as an acknowledgement of receipt by the Aurora Area Interfaith Food Pantry of your donation. The Food Pantry **does not estimate the dollar value of any food or items donated.** We recommend that, for tax purposes, you attach a list of items donated and any receipts of purchase to this letter for your records.

Post Office Box 2602 • Aurora, IL 60507-2602 • (630) 897-2127



The Food Pantry is a member agency of the Fox Valley United Way.

***FMSC***



**Thank you again to everyone who volunteered their time to help out at Feed My Starving Children on December 30th! Your time and efforts were greatly appreciated!**



## *Time Drops!*

As we head towards the end of our season,  
Maverick swimmers have done a great job  
in time drops!

Core 3	852
Core 2:	1,037
Core 1:	799
Pre-Core:	379

(As of Maverick Winter Splash weekend -  
January 8—10)



Maverick swimmers 10 and under had a great time at Bouncetown in Oswego on January 17th! In addition to the inflatables, kids also took advantage of the rock climbing wall and the Velcro wall! What a way to burn off some hot energy in the cold winter!

