



# Express

January 2009

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## UPCOMING DATES

1/16-1/18 WHITEWATER MEET  
WAUBONSIE VALLEY HS

1/23-1/25 JOLIET JETS MEET  
OSWEGO EAST HS

1/23-1/25 SWIM INDY  
INDIANAPOLIS, IN

2/6-2/8 FOX MEET  
NEUQUA VALLEY HS

2/13-2/15 DELTA MEET  
OSWEGO EAST HS

2/21-2/22 FEED THE FIRE MEET  
OSWEGO EAST HS

2/22 GOLD CONFERENCE MEET  
LYONS TWP SOUTH HS

2/27-3/1 REGIONAL MEET  
NEUQUA VALLEY HS



## Happy New Year!

Happy New Year! I hope everyone had an enjoyable holiday and winter break. We are fast approaching the end of our winter swim season, with only six weeks remaining for many swimmers before our Gold Conference and Feed the Fire meets. Keep up your hard work!

At the end of last winter season, our families were asked to complete an online parent survey of various aspects of our program. The Maverick board and coaching staff utilized your feedback in preparing for this winter season. One comment that came through loud and clear was the dissatisfaction with the end of the season Silver B meet that we have attended for several years.

This meet historically was held on President's Day and was the last meet of the season for those swimmers who had not achieved the times necessary to swim in the remaining post-season championship meets. Over 78% of our families who completed the survey did not like the time and/or format of this meet.

This year, in direct response to your feedback, we will not be going to the Silver B meet. Instead, we moved our Feed the Fire meet to the weekend of February 21-22, and we will be co-hosting the meet at Oswego East High School with Delta Aquatics.

The Feed the Fire meet will be open to all swimmers 14 years

of age or younger who have not yet achieved a Regional "A" time standard in a particular event. The Feed the Fire Meet is a prelim/final meet for 10 & Under, 11-12 and 13-14 swimmers and is a great opportunity for "B" swimmers to experience a prelim/final meet at their level. Before each of the finals heats (top 8 swimmers) during the evening sessions, each swimmer's name will be announced, and music will be played to get the swimmers and spectators psyched up.

The Feed the Fire meet will be the last opportunity to qualify for the Illinois Regional Championship Meet held the following weekend. For those swimmers

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## Coaches' Corner

Being a newcomer to the Maverick Swim Club as the Lead Pre-Core coach has offered me a new perspective on club swimming and coaching. I have had many coaching and swimming experiences from a variety of swim teams that have taught me many valuable lessons that I continue to teach to my own swimmers today. My swimming experiences consist of 11 years swimming for the Naperville Park District, 12 years in club swimming, 4 years of Varsity high school swimming, and 4 years of collegiate swimming.

My coaching experiences include: 4 years coaching in the Naperville Park District, 4 years as an assistant coach for the Oakhurst Orcas and 1 year as head coach with the Oakhurst North Torpedoes. Throughout my career as a swimmer and a coach I can honestly say I have enjoyed all of it. From my own experiences I feel it is important to get to know all the swimmers and their interests and goals in and out of the pool. I also think it is important to build positive relationships with the swimmers and

coaches that you work with throughout your swimming career. Speaking from my own experiences, I have many friends that I met through swimming that are coaches on other teams that I have known for years that I have remained friends with.

Being a swimmer for most of my lifetime and swimming for many different teams has helped mold me into the person I am today. Swimming has taught me about commitment,

*(Continued on page 2)*

## TIME DROP UPDATE

**PreCore:** 437 time drops

Congratulations to Reilly Riggs who has reached 20 time drops!!

**Core 1:** 878 time drops

Five swimmers have reached 25 time drops & earned their Maverick towels: Nicole Marcus, Allison Ruden, Benjamin Forbes, Jarrell Gamilla, & Emily Garza. Benjamin Forbes has 30 time drops!

**Core 2:** 721 time drops

Four swimmers have more than 20 time drops!! Congratulations to Kyle Jackson, Andrew Pell, Jacob Springer and Nicholas Walker.

**Core 3:** 1063 time drops

The following swimmers have earned their Maverick Towels:

Abigail Chamberlain, Baxter Wennlund, Connor Lamb, Danielle DiMatteo, Kevin Kielma, Alex Gidlow, Eric Lullo, Matthew Stern, Stephanie Jackson, Trevor Sandberg, Sarah Pilgrim, Mary McSharry, & Gabriella Ramos. Congratulations!



## Coaches' Corner (continued)

*(Continued from page 1)*

work ethic, dedication, and organization. All of these qualities have stayed with me and helped me in every aspect of my everyday life. It is important to always be committed to what your goals are and never give up on them. Through a good work ethic and dedicating yourself to improving, you will always succeed! If you put in the time at practice and work hard you will reach the goals you have set for yourself.

Organization is another key point in becoming the swimmer that you want to be. Being ready and prepared for practice on a daily basis is one step closer to reaching your goals. All of these characteristics are things I have learned as a swimmer that have guided me and continue to help me throughout my life in everything I do.

As a coach, I have gained a fresh perspective on teaching swimmers. As I complete my first full year of being a lead coach for the Maverick Swim Club, I have continued

to learn from every coach I work with at practices and meets. Every team that I have been a member of has influenced me in a positive way. The coaches that I have worked with over the years have also made an impact on me and the type of coach I want to be. I look forward to continuing my coaching career with the Maverick Swim Club and working with such a dedicated group of swimmers and coaches.

*Coach Kelle*

## Happy New Year (continued)

*(Continued from page 1)*

who have not achieved the qualifying times required to compete in the various end of season championship meets, the Feed the Fire Meet will be their last meet of the season, and our coaches will be training these swimmers with the hope they achieve their best times of the season during this meet.

All eligible swimmers will be entered in the Feed the Fire meet, unless they will be swimming in the Gold Conference meet on Sunday, February 22nd. Mighty Mav swimmers are eligible to be entered in 8 and

under events if they wish to participate.

As with all of our hosted meets, the success of the Feed the Fire meet will be dependent upon the parent volunteers who help run the meet. Every family who has a swimmer competing in the Feed the Fire meet will be asked and expected to work during the weekend. More details will follow shortly about the parent worker requirements and job signup process through Supermeets.

Maverick Swim Club is fortunate to have so many parents that care and want to be actively involved in their swimmer's activities. We are looking forward to running a

successful Feed the Fire meet with your help and providing a wonderful end of the season experience for your swimmers.

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 would love to get more parents involved with the running of our club.

Thanks for your continued support!

*Dave Lullo*

## Tips & Information for the Indy Meet



Remember there is a ONE HOUR time difference! Also, lake effect weather can cause trouble heading into Indiana. Plan your travel accordingly.

If this is your first time at the Natatorium, it goes without saying that you should allow extra travel time. Getting cars in & out of hotel garages takes time; getting parked at the Nat' takes time (you may have to wait in line to pay for parking); and you should definitely allow **plenty** of time to take in the scenery when you arrive in the main hall of the Natatorium. Stop at the glass windows & look at the facility – it is truly amazing.

Spectator seating is available on either side of the pool. Look for the Maverick Swim Club banner to see where our swimmers are sitting together on deck. In past years, this has been on the west or right side (as

you face the diving well) and close to the glass windows. You will find many Maverick parents seated above this area.

Swimmers must be checked in 45 minutes prior to the start of their session. Positive check-in is located on the walls at the bottom of the stairwell as you come down to pool level. Access to this stairwell is near the parking garage entrance doors & restrooms at the east end of the upstairs hall.

This is a prelims/finals meet for 13 & over swimmers, so scratch rules apply. This means if you are scheduled to swim in an event (prelims or finals) and you miss an event, you are automatically scratched from your next event. If you are unsure how to handle this, please check with your coach at the meet.

Friday night events are limited to the fastest 5 heats. The psych sheet for these events can be [found here](#) on the Maverick

web site. If you are unsure about whether your swimmer will compete on Friday night, please talk to your coach.

You will notice that the main pool is divided into two pools (North & South). Be sure that your swimmer checks with their coach to find out in which pool their events will be swum. Typically, 11-12 girls will be in one pool while 11-12 boys will be in the other (the same theory applies to other age groups).

As with all meets, pack healthy snacks and drinks for the meet and at the hotel. Concessions offered at the meet in past years have been limited to "stadium style" food (translation: hot dogs & nachos) and beverages.

*Good Luck Swimmers!!*

## Fun Facts about the IUPUI Natatorium

- ◆ The Main Competition Pool is 50-meters with eight racing lanes. Two moveable Bulkheads allow for long or short course events.
- ◆ Seating capacity is 4,700 making it the largest indoor pool in the U.S.. An additional 1,500 can be seated on deck.
- ◆ The pool is 9 feet deep at the ends and 10 feet in the center.
- ◆ Water temperature in the main pool is kept at 79 degrees.
- ◆ There are about one million gallons of water in the main pool.
- ◆ There have been at least 90 American Records and 11 World Records set in the pool.
- ◆ The Diving Well has a depth of over 17 feet and holds more than 450,000 gallons of water.
- ◆ The diving well has four - 1meter and four - 3meter boards and platforms which are 1, 3, 5, 7.5 and 10meters in height.
- ◆ The diving well is kept at or around 86 degrees.

Facts courtesy of IUPUI.edu

## Happy Birthday Maverick Swimmers!!

Grace Abbinante  
Laine Abbinante  
James Betz  
Abigail Chamberlain  
Shayna Fee  
Roman Forthaus  
Charles Garvy  
William Garvy  
Laura Gee

Alayna Healy  
Samantha Herron  
Sarah Jue  
Rachel Kennedy  
Natalie Lafferty  
Isabelle Langheim  
Kathleen Lelko  
Andrew Parent  
Sarah Pilgrim

Grace Rathje  
Amanda Reeves  
Jack Ruble  
Thomas Sanchez  
Alexandria Schneeman  
Connor Stein  
Nicholas Walker  
Alexander Walter  
Hannah Wessel



# Skating Party Photos





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.



**FEED MY STARVING CHILDREN  
A HUGE SUCCESS!!**

Approximately 130 swimmers, parents and family members attended.

We donated over \$100 in "spare change".

We packed 96 boxes of food in an hour - that equates to 20,736 meals, enough to feed 57 children for an entire year.

USA Swimming will be profiling our team's community service event in their next monthly newsletter - kind of cool!



**SAVE THE DATE**

**End-of Season  
Awards Ceremony  
Sunday, March 22nd  
3-5 PM at WVHS**

**Pasta Dinner**



*Friday, Feb. 20*

*Please join your fellow Mavericks  
and trade your practice for pasta!*

Stonebridge Country Club  
2705 Stonebridge Blvd. ph. 630-820-8887

Mighty Mavs, Pre Core and Core 1 - 5:30 to 6:45 pm  
Core 2 and over - 7:00 to 9:00 pm

**\$8 Child Buffet**

Includes pizza, pasta, bread sticks, soda and cake.

**\$14 Adult Buffet (cash bar)**

Includes pasta, Chicken Marsala, salad, bread sticks, coffee and cake.

*There will be a DJ spinning the tunes. Lets see if your stroke  
is as good on the dance floor as it is in the pool!*

**GO TO SUPERMEETS TO SIGN UP BY FEB. 16**

Please mail checks to

Christy Forbes 2444 Waterside Dr. Aurora IL 60502