



# Express

February 2009

## Upcoming Dates:

- 2/20  
Pasta Party  
Stonebridge CC
- 2/21 - 2/22  
Feed The Fire Meet  
Oswego East HS
- 2/22  
Gold Conference Meet  
Lyons Twp South HS
- 2/27 - 3/1  
ISI Regional Meet  
Neuqua Valley HS
- 3/5 - 3/8  
Senior Champs  
UIC
- 3/13 - 3/15  
Age Group Champs  
UIC
- 3/12 - 3/15  
Speedo Sectional Meet  
Brown Deer, WI
- 3/22 @ 3pm  
Awards Ceremony  
Waubonsie Valley HS  
Auditorium

## Inside this issue:

- ABC's of Mental Training 5
- Happy Birthday 3
- Long Course & Conditioning 4
- Olympics: Chicago 2016 2
- Practice Schedule Update 3

## *From the President's Desk..*

Hello Maverick families,

Hard to believe, but the end of our winter swim season is rapidly coming to a close. An article describing the various end of the season meets was posted on the home page of our website several weeks ago.

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 21-22. 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 to help

run a successful meet. With three sessions planned on both Saturday and Sunday, it will take a tremendous number of parent volunteers to make the Feed the Fire Meet go smoothly. We sincerely appreciate everyone's efforts in working your jobs and making this meet a wonderful end of season experience for so many of our swimmers!

All meets after the A Conference "Gold" and Feed the Fire meets on February 21-22 are time standard championship meets. If you have any questions about whether or not you are eligible 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 16-20.

At the conclusion of this season, the Maverick board and coaching staff will be evaluating our program and any changes made this season to make sure that we are continuing to provide the quality experience that our members expect. 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

*(Continued on page 2)*

## *Maverick Swim Club Needs YOUR Help!*

Several board members and parent committee coordinators are retiring after this winter season. For the long-term success of Mavericks, it is important to have parents of our younger swimmers more involved with the administration and operation of our club.

As you know, it takes a tremendous amount of parent involvement to run a successful and dynamic swim club program. There are many opportunities

to get involved from assisting on a committee, to officiating at swim meets, to working behind the scenes, and in setting the course for the club by volunteering on the board.

If you are interested in having a greater role with Mavericks next year, please contact Sandy Carpenter or one of our board members. We would really appreciate it!





## Naperville Supports Chicago 2016!!!

What is going on with the Olympic bid? Does Chicago really have a chance? How do I get involved? When will we know if we get the 2016 Olympic games?

Find out the answers to these questions and many more by joining us for an informational meeting with representatives of Chicago 2016, the organization leading the efforts to bring the Olympic and Paralympic games to Chicago in 2016. Volunteer opportunities will also be discussed.

A special thanks to **Naperville Running Company, MinuteMan Press** and **NCTV** for helping promote and organize this event.

**DATE:** Tuesday, March 24, 2009

**TIME:** 7pm until 9pm

**LOCATION:** Naperville City Council Chambers, 400 S. Eagle Street

**COST:** None!

No reservations are needed, but seating is limited so arrive early!

If you have any questions about this event, please contact Renee' Kronon-Schertz, Event Coordinator, at [Naperville@chicago2016.org](mailto:Naperville@chicago2016.org).

### *From the President's Desk —continued*

**Good Luck  
Maverick  
Swimmers!**

*(Continued from page 1)*

a couple of weeks. Please complete the survey and let us know how we can improve our club for next winter season.

Also, please mark your calendars for the Mavericks awards ceremony on Sunday, March 22nd 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.

Finally, at the Delta meet this last weekend, I spoke to several parents who inquired about the status of next winter season due to the pool construction taking place at Naperville North High School this

summer. We understand that the general contractor for District 203 believes that the pool construction work can be completed by the end of August. As a precaution, the high school is scheduling their practices and meets with the idea that the pool will not be ready to use until mid-November.

Obviously, if the pool construction is delayed and we are not able to utilize the District 203 high school pools at the beginning of our winter season, alternate plans will have to be implemented. For the last year and a half, the Maverick board has been considering various contingency plans, if necessary, to address this short-term need for pool space. These plans could include a short delay in the start of our season, securing alternative pool space for practices, staggering days of the week for practices, etc. In

all events, we believe that any potential disruptions will only last for part, and not all, of the winter season. District 203 intends to break ground at Naperville North in mid-May, and we should have much better information about potential disruptions in June. At that time and prior to returning swimmer registration in July, we will consider the various options available to us and act appropriately. In the meantime, let's hope the weather is good for construction this summer, and District 203 finds no surprises after digging the footprint for the pool.

Good luck to all our swimmers in their end of the season meets! Thanks to all our families for being so supportive of the team and your children this season.

*Dave Lullo*

# Happy Birthday!

Ashlyn Bean  
 Grant Bochenski  
 Jacob Bolduc  
 Riley Bolduc  
 Ben Bougadis  
 Ben Broad  
 Gabriel Carrier  
 Maxwell Chamberlain  
 Bailey Cochran  
 Krista Drapalik  
 Janssen Gamilla  
 Alexander Gidlow  
 Dennis Graves

Alex Hogenboom  
 Michael Joza  
 Caroline Kellogg  
 Ryan Kilani  
 Peter Krzywosz  
 Patrick Lewellyan

Jessica Linnen  
 Julia Meyer  
 Madison Naillon  
 Brianna Noe  
 Adam Parker  
 Neal Patel

Shaili Patel  
 Cassidy Pesesky  
 Sara Pettit  
 Maeve Riordan  
 Riley Schroedter  
 Emma Susin  
 Christopher Tatara  
 Marlene Traub  
 Timothy Wagner  
 Katrina Walter  
 Joseph Widuch  
 Jillian Wojcik  
 Megan Yao

*Please watch for email containing information on the upcoming end-of-season survey.*

*Your constructive feedback allows Maverick Swim Club to continue to improve!*

## AWARDS CEREMONY

*Join your teammates*

*Sunday,  
 March 22  
 3pm*

*Waubonsie  
 Valley HS  
 Auditorium*

*Awards, Slide Show,  
 Season Highlights*

## 224 days

*Until the announcement of the host city for the 2016 Summer Olympics.*

*Learn more & get involved at:*

*[www.chicago2016.org](http://www.chicago2016.org)*

## TIME DROPS

*Heading into the last few meets of the season, our swimmers are really piling up the time drops. Good luck in meeting your time drop goals!*

*Core 3: 1426*

*Core 2: 1222*

*Core 1: 1241*

*PreCore: 601*

*(Through the FOX meet)*



## Championship Practice Schedule

Just a reminder that the championship practice schedule, for February 23 onward, is on the Maverick website.

Only swimmers who have achieved qualifying times for one or more of the championship meets (such as regionals, senior champs, or JO's) are

eligible to continue practicing with the team.

Swimmers whose last meet is the Feed the Fire or Gold meet will have their final practice on February 20. Swimmers whose last meet is Regionals will have their last practice on February 27th. Any swimmer achieving

regional, state or sectional cuts at one of these meets will continue to practice until the next meet for which they have qualified.

Please visit the Maverick website/ schedules page for an updated practice schedule or click [here](#).

## Here Comes Summer !!

After this long & cold winter, it's time to start thinking about summer swimming!

Registration for District 203 Conditioning is scheduled for Thursday, February 19 from 6:30 - 8:00pm at the NCHS Pool Lobby.

Registration for Maverick Long Course for returning swimmers was held February 18. If you have not already registered, please mail your forms to the Maverick office this week. Registration will be open to the public in the near future

### District 203 Conditioning

**Program Dates:** May 4 to May 22, 2009  
Monday through Friday

**Location:** Naperville Central High School

**Staff:** Maverick Swim Club Coaching Staff

**Beginner (11 & Under):** 6:00pm - 6:45pm

**Minimum Requirements:** Must be able to swim 25 yards (one length) of the pool without stopping in free-style and backstroke.

**Cost:** \$70 (14 sessions 45 minutes each)

**Intermediate (12 & Over):** 6:45pm - 7:30pm

**Minimum Requirements:** Capable of swimming all 4 competitive strokes without stopping for 100 yards.

**Cost:** \$75 (14 sessions 45 minutes each)

**Advanced Level (Ages 14 & Over):** 7:00pm - 9:00pm;  
Thursday, May 7: 7:30-9:00pm

**Minimum Requirements:** Must be able to swim each of the four strokes for eight lengths (200 yards) legally. Recommended for winter swimmers 14 and over. Minimum 100yd free time of 1:05.00 required.

**Cost:** \$80 (15 sessions 2 hours each including dryland)

**No Beginner or Intermediate Session Thursday, May 7 due to Water Polo games.**

### Maverick Long Course

Full details on practice locations and times can be found on the Maverick website by [clicking here](#). Some practice locations are yet to be determined and will be posted on the website in April.

**Option 1 – Senior: April 20 Start**

**Cost \$800**

Program Dates: April 20 – July 24

Coaching Staff: Mark Townsend, Doug Helm, TBD

**Option 2 – Senior: May 4 Start**

**Cost \$640**

Program Dates: May 4 – July 24

Coaching Staff: Mark Townsend, Doug Helm, TBD

**Option 3 – Senior: Afternoons Only**

**Cost \$330**

Program Dates: June 5 – July 22

Coaching Staff: Mark Townsend, TBD

**Option 4 – Senior: Doubles**

**Cost: See Below**

This program combines two of the above programs:

- Group A - Option 1 & 3 Combined – **Cost \$995**  
Program Dates: April 20 – July 24
- Group B - Option 2 & 3 Combined – **Cost \$820**  
Program Dates: May 4 – July 24

**Option 5 – Age Group: April Start**

**Cost: Core 1-\$460, Core 2-\$535 Core 3-\$615**

Program Dates: April 20 – July 30

Core 1: 1 hour; Core 2 - 1.5 hours; Core 3 - 2 hours

**Note: All practices will be indoors**

Coaching Staff: Mike Adams, TBD

**Option 6 – Age Group: Stroke and Technique - Afternoons Only – Cost \$255**

Program Dates: June 5 – July 22

This option will emphasize and focus primarily on stroke technique. This option is NOT a training group and should not be viewed as your swimmer's primary source of conditioning for the summer.

Coaching Staff: Mike Adams, TBD



## The A-B-C's of MENTAL TRAINING

If you want to swim fast, you've got to prepare yourself mentally. That's not always an easy process. Recently, Sport Psychologist Aimee Kimball, PhD., introduced a series of articles on [USASwimming.org](http://USASwimming.org) that makes mental training as easy as A-B-C. Check out [USASwimming.com](http://USASwimming.com) over the next few weeks to see what "C" stands for!

### A is for Anxiety

#### **Why do I have anxiety?**

Many athletes have anxiety before they compete, whether it's a pounding heart, difficulty breathing, tight muscles, or worried thoughts. All animals have what's called the fight-or-flight response in which our bodies prepare to either fight a challenge or to run away from it. These symptoms of anxiety aren't always bad, as they can signal a readiness to compete. Think of a race you were involved in that wasn't important to you or where you knew you would win it easily. You probably didn't have the same signs of anxiety because you didn't see this event as being as threatening. The perception of a challenge/threat is what makes athletes feel anxious.

#### **Changing the Perceived Threat**

If situational factors (event importance, your opponents) cause you anxiety, focus on controllable factors that help you to swim well: smooth stroke, strong kick, and a well-timed start. When you start to add "uncontrollables" to your focus, you are adding thoughts to your head that don't need to be there and are making it a lot harder to swim to your potential.

#### **Physically Relaxing**

To release anxiety, take some long, deep breaths and picture all the physical and mental stress leaving your body. You can also take a few minutes each day to go through your muscle groups, tightening them and then relaxing them. By doing this progressive relaxation, you can recognize when and where you are carrying physical tension and learn to physically loosen your muscles so that you can perform your best.

#### **Therefore**

Anxiety as you know it doesn't have to exist. You may have some physical activation (faster heart rate, quicker breathing) but you can control this. Simply think how you want to think and leave some time for a pre-race routine that allows you to physically relax. While it requires training, you can regain control of your body by taking control of your mind.

### B is for Building Your Mindset

#### **How should I think to swim well?**

Every individual has a unique mental state under which he or she performs best. There is not one right way to think. The key is to know what you are thinking and how you are feeling when you perform your best.

#### **How do I know my ideal mindset?**

To identify your ideal mindset, think about the best performance you ever had. Ask yourself:

- What did I do to mentally and physically get ready (music, routines...)?
- Was I relaxed or pumped up?
- What did I focus on throughout the event?
- What words describe how I was feeling? What I was thinking?

#### **How do I recreate this mindset?**

First, you have to *choose* to create your ideal mindset and take responsibility for your thoughts. Second, before each practice and event you should *develop a routine* that allows you to recreate this mindset. Imagery, music and positive self-talk are great ways to build your ideal mental and physical state. Third, you can come up with a *trigger* word, phrase or action that reminds you of the characteristics of your best performance. This trigger needs to have meaning to you so that it can focus your mind to help you perform your best. Write the trigger on your hand, goggles or bag so when you see it you will be reminded to think that way and to approach each event with your ideal attitude.

#### **Build your mindset**

Instead of just hoping you will be mentally ready to compete, take control and create the mentality you want before each event. Know your ideal mindset and choose to create this mindset through pre-event routines, trigger words and by simply telling yourself, "This is how I'm going to think today."

*These articles courtesy of USASwimming.com.*

*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.*