



Express

September 2007

Important Dates:

- September 30:
Time Trials
- October 8:
Opt Out Date
- October 12-14
Waubonsie Meet
- October 20-21:
Fox Meet @ Neuqua

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Welcome Back to Maverick Swim Club!

It sure has been an exciting start to our season already. We now have approximately 375 swimmers on our team as compared to approximately 275 swimmers last year.

As we begin swimming meets this fall, please take an opportunity to introduce yourself to some other parents that you do not know. We have several families who have been with Maverick Swim Club for many years, and they can be a tremendous resource to our many new families. Maverick Swim Club is fortunate to have an active and supportive group of parents. We encourage our new families to take the lead from our experienced families -

be supportive of your swimmers and coaches and get involved!

We are thrilled to implement several changes to our practice schedule from last season. We have taken advantage of the opportunity to add Benedictine University as an additional practice venue and have added more practice times at our existing facilities. These changes should give us the opportunity to improve the overall quality of practices for our swimmers. We also have instituted practice group rotations in Core 1, Core 2 and Core 3. If you have a swimmer in one of these practice groups, we thank everyone in advance for following the practice group rotation assigned

for your swimmer. We also thank everyone for their patience as we worked through all of these final details so close to the start of the season. We appreciate that this was an inconvenience to some families.

The Maverick board and coaching staff will be evaluating these changes throughout the course of the season as we begin planning for next year. If you have any suggestions or comments about these changes, please let one us know.

We look forward to having a fun and successful winter season.

Dave Lullo

Ask The Coaches



The Maverick coaches would like to welcome our swimmers and families back for another terrific season. We really enjoyed working together with everyone last year and were pleased to witness many great accomplishments by all of you. We know that this will be another promising year and are very excited to start swimming again.

As we start practicing and competing again this year, remember some important suggestions. Make sure to be responsible this year. Whether it is bringing your goggles and suit to practice, or making sure to be on deck for your event, you are the person that makes the biggest difference in being prepared. Also, remember to be respectful. Congratulate your teammates and other swimmers for great swims in practice and

meets. Listen during practice so that you and your teammates can get the most out of each day. If you set great examples, others will notice and will want to do just the same!

Most importantly, always do your best and have fun! This is going to be a great season. Go Mavs!!

Coach Jim Lullo





[Everything You Wanted to Know About Swim Meets But Were Afraid to Ask](#) courtesy of the USA Swimming website is a great resource for surviving the swim season.

First Winter Swim Meet?

If you've done summer swimming, you know the drill. Pack up your swimmer, their gear, some snacks & your chairs and head off to the pool for a few hours. Winter swimming is not much different - change the scene to an indoor pool and add a few hundred more swimmers. All kidding aside, here are some tips for making the first meet a success:

- ☑ Arrive at least 30 minutes before warmups.
- ☑ Find positive check-in & have your swimmer highlight their name. Failing to check in will result in the swimmer being scratched from the meet. Parents of young swimmers should "check their work".
- ☑ Get settled in the team area & hang out until warmups.
- ☑ Report to the deck for warmups 15 minutes prior to the scheduled time.
- ☑ Remind your swimmer to visit their coach immediately following each race so that they receive timely feedback.
- ☑ Always check with your coach before leaving a meet to be sure you are not needed for relays. Assume that you are needed!

Report to the deck for warmups 15 minutes before the scheduled time.

Opt-Out Reminder

Maverick swimmers are automatically entered in all days of USS meets we attend unless you "opt out" of a meet by the following deadlines.

Visit the Maverick website and follow these [links](#) for more information and to "opt out".

- > Meet Info
- > USS Entry

October 8th deadline:

- December 7-9; Westmont ; BB times & above
- December 8-9: Joliet Jets @ WVHS
- December 14-16; Lincoln-Way
- December 15-16: Maverick @ WVHS; BB & below

December 1st deadline:

- January 18-20; Joliet Jets
- February 8-10; St. Charles

Automatic Entries:

- November 3-4
Maverick Roundup
- January 4-6
Maverick Winter Splash
- January 25-27
Swim Indy—all swimmers with 2 or more qualifying times will be entered
- February 3
Maverick Pentathlon

**HELP
WANTED**

Touch Pads & Scoring

Positions available for parents of age group swimmers (under 14) to work with our experienced touch pad, timing console, and scoring crews. On-the-job training at Maverick-hosted meets. Training time would count as required parent worker jobs. These are fun, "on deck" positions!

Slide Show

Organize & coordinate the photo slide show for our April awards ceremony. Gather photos from other parents & format slide show presentation. Great "behind the scenes" job.

To Volunteer:

Contact [Dave Lullo](#) for more information on the touch pad, scoring, & slide show jobs.

Attention Journalists:

If you would like to submit a story for *Maverick Express*, email [Lisa Susin](#).

We would really like to see some swimmer submitted stories!

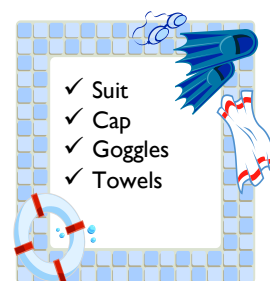
Top Ten Items to Bring to a Swim Meet

First of all, label everything! It's also a good idea to get young swimmers into the habit of keeping their goggles with them at all times (or have a "special place" in their swim bag for them). Goggles left on the blanket/floor are often lost or stepped on. Here are some ideas for a well-prepared swimmer & parents:

- Blanket, towel, sleeping bag, etc to sit on.
- Maverick Swimsuit (don't laugh, it happens!)
- Maverick Team Cap (or 2, in case of a malfunction)
- Goggles (bring a spare pair in case of loss or breakage)
- Several towels (swimmers are in & out of the pool many times)
- Warm clothes (bring extra – soggy clothes can make for an unhappy & cold swimmer)
- Drinks & snacks for swimmers & parents
- Fun things to do with friends – games, playing cards,

crafts, pencil & paper, etc. Leave the football and other active games at home — there is usually not room in the team area.

- A highlighter for positive check-in & a pen or marker for writing events, heat & lane on your swimmer's hand.
- Chairs for Mom or Dad to set up in the team area (beats sitting on the floor!)



Breakout Swim Clinic

Great News! We finally have the lineup set for the Breakout Clinic! **Josh Davis**, winner of 3 Olympic Gold medals and 2 Silver medals, will be joined by current World Record Holder and 3-time Olympic Gold medalist **Aaron Peirsol**! All participants will



get in-water and dry-land group instruction from both athletes on all four strokes. Participants can also participate in a Q & A session and get an autograph and photo. They may even have the chance to wear an Olympic Gold medal! Participants will also receive a clinic T-shirt, poster and other goodies. Sign up today as spots are filling quickly and the clinic is limited to the first 125 participants (must be between the ages of 8-18). Check the

mavswim.org website for the signup sheet. Don't miss this once in a life time opportunity to train with these great Olympic Champions.

BREAKout! Swim Clinic
Sunday, Nov. 11, 2007
12:00 PM to 4:00 PM
Naperville Central HS

Click [Here](#) to Sign Up!

If you have a question for
Ask the Coaches,
send an email to



askthecoaches@mavswim.org

Your question may be featured in an upcoming newsletter.

Road Trip!!

It's only September and already the swimmers are talking about "Indy". What's the scoop?

Maverick Swim Club makes the annual trip in January so that our swimmers can experience one of the fastest pools in the world. Completed in 1982 at a cost of \$21.5 million, the [IU Natatorium](#) has three pools – a competition pool, instructional pool, and diving well - which combined hold over 2.1 million gallons of water. Seating capac-

ity of the Natatorium is 4,700 making it the largest indoor pool in the U.S.



So why are the swimmers always talking about "Indy times"?

This is a qualifying meet for swimmers with BB times or above. The last meet dates to qualify are the December 14-16 Lincolnway meet and the December 15-16 Maverick Meet. Swimmers with two or more [qualifying times](#) will be entered, so notify your coaches if you have a conflict and will not attend.

Indy Hotel questions can be directed to Kerri Hosper. Hope to see you there!



IUPUI Natatorium
 photo courtesy of
Bruce Gidlow.

Click photo to learn more.

HAPPY BIRTHDAY

SEPTEMBER

Alex Araya
Kiley Becker
Stone Cai
Vanessa Cai
Brittney Coblenz
Brooke Cochran
Natalie Dindorf
Briana Effner
Andrew Eiken
Olivia Eiken
Benjamin Forbes
Adrienne Jamieson
Abbey Kerth
Abby Kilani
Ryan Lewellyan
Jonathan Look
Conor McCarter

Kelley Powell
Bobby Rickert
Calli Riggs
Laura Rudolph
Isabella Sandstead
Madeline Siambekos
Kendra Smith
Gabrielle Snyder
Marcey Wennlund
Taylor Wessel
Lizzy Wyly
Daniel Zhang
Tony Zhang

OCTOBER

Julia Barclay
Taylor Bridgman
Angela Briel

Thomas Carlsen
Stephanie Collins
Savannah Corallo
Merritt Coutu
Alex Dillmann
Ian Doyle
Robert Finch
Andrea Fiorini
Katrina Gerber
Harder Lucas
Tyler Hsieh
Kyle Josupait
Austin Katz
Abigail Kincaide
Laura Kluge
Adam Lowers-Esmail
Madeleine Mears
Jack Mullen
Michael Nerud

Madison Nervig
Gwen Nicholls
Kevin Patterson
Megan Phillips
Caitlin Pilgrim
Jake Rathje
Maggie Ruble
Jack Schroedter
Emily Sejna
Jacob Smith
Michelle Spaits
Heather Troester
Laura Vallo
Steven van Deventer
Brian Williams
Hannah Wood
Mitchell Wooldridge
Christopher Zhang

Look for updates on time drops in future editions of the Maverick Express

Time Drop Awards

The time drop committee wants to wish all Maverick swimmers best of luck for a successful season. If you have questions, the following individuals are responsible for your practice group awards:

PreCore – Mindy Finch
Core 1 – Betsy Kluge
Core 2 – Kathleen Stern
Core 3 – Anita Gschwendtner

2007-2008 Time Drop Prizes

5	Maverick Calendar
10	Maverick Puzzle
15	Maverick Lunch Tote
20	Maverick Sunglasses
25	Personalized Maverick Towel
30+	TBD

Coach Noor—Continued

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Do you play any other sports? In high school I also was on the water polo team! I really like to play water polo because it includes the first sport I fell in the love with and it adds a twist!



Favorite swimming memory? My favorite swimming memory is when I reached my time goals my senior year in high school.

What is your favorite thing about swim team? My favorite thing about swim team is that it is an individual and a team sport! Each swimmer

competes for themselves, but you have the support of all your teammates to help and encourage you! I love that! My favorite thing about coaching swimming is when a swimmer finally gets the skill he/she was working on for so long! I love seeing the light bulb go off and seeing all of their hard work pay off! I think sometimes I get more excited than they do!

What do you like to do in your free time? I like to hang out with my family & friends, make jewelry, watch TV, see movies, shop, and go out to dinner.

Any favorite books? To this day I still really like Matilda. I also like Tuesdays with Morrie and The Five People you Meet in Heaven.

Favorite food? Yum! I love food! I like any Middle Eastern food, a great salad, and pasta!

Any advice for our swimmers? My advice for Maverick swimmers is to always do your best, ask questions (we are all here to get better), and get involved with whatever you like to do!

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.

Swimmer Spotlight—The MAY Family

We're so excited to have so many new families join Maverick Swim Club this year. It's especially fun when one family has several swimmers.

One of these new families is the May family from the Naper Carriage Hill neighborhood. Patrick (14, Senior Boys), Gracie (13, Core 3), Christian (11, Core 2), and Dominic (8, a new swimmer soon to be joining Mighty Mavs). Parents Amy and Brian are both very involved at the NCH pool—if you're ever there for a meet, stop by the concession stand and say hello!

We asked the May family to tell us about themselves...

After finishing our 7th year with the Naperville Riptides, we thought it was time to come swim on the Maverick Team. We feel very lucky to be swimming for the team and have already met some great people.

Our family is really lucky to live so close to the Naper Carriage pool. This is where we fell in



Clockwise from top—Patrick, Gracie, Dominic, & Christian

love with swimming. The kids were at the pool so much, the lifeguards would **pay** them to go home. "May kids ... GO HOME," the guards would say. At any given hour, a May child can be seen swimming at the NCH pool.

Do the Mays do anything except swim? Believe it or not, we do! Patrick will swim and play water polo for the Redhawks this year. He also played soccer and is loving his

first year at Naperville Central.

Gracie plays volleyball at Madison and also plays soccer. She's a busy girl, but always finds time to hang with her friends.

Christian is in fifth grade at Scott and plays soccer and water polo. He's an unexpected leftie and loves to slam the ball into the net. He has had a lot of fun playing on the West Suburban Water Polo team this fall.

The Mays have a few favorites: Roller Coasters, watching the movies *Family Vacation* and *The Pink Panther*, and going out to dinner at ESPN Zone. We have one pet, Callie. She is an 8 pound Yorkie, but barks like an 80 pound pit bull...

We are working toward qualifying for the Indy meet this winter. It is always a great swimming experience and lots of fun to be with your friends all weekend. We hope to see everyone there.

Noor Shammās—Core 2 Assistant Coach



Coach Noor Shammās is a graduate of Naperville Central High School

and Illinois State University. She graduated in May 2007 with a degree in Elementary Education. In addition to her coaching responsibilities, Noor is currently a fourth grade teacher at Lakewood Creek Elementary School in Oswego.

How is the season going? It is so great to see so many faces that I know! I am already meeting new faces and I have really enjoyed meeting a lot of you so far! Don't be shy, come and introduce yourself to me if you see me around the pool! I look forward to meeting many more new faces! Get excited for a GREAT swim season!

This is my first year coaching Mavericks. It is really exciting to now be coaching Mavericks because I used to swim on this team. I swam on Mavericks for about four years. I am thrilled

to have the chance to work with all the fabulous coaches on staff this year and to work with coaches that once coached me!

When did you start swimming? I started competitively when I was nine-years old at Farmstead on the summer team!

What was your favorite event to swim? My favorite stroke was breaststroke. In high school, my favorite events were 100 Breaststroke and 200 IM.

(Continued on page 4)