

NOVEMBER 2006

Maine Masters

S W I M C L U B

NEWSLETTER

Bowdoin Meet Halted Due to Storm

On Saturday, October 28th, sixty-one masters swimmers travelled to Brunswick to participate in the Annual George Erswell meet at Bowdoin College. The meet started on time and witnessed some fabulous performances in the first few events. Among them were the following MAINE STATE RECORD swims:

- Ronnie Kamphausen 70-74 500free 7:37.95
- Jill Snyder 60-64 100breast 1:36.94
- Gene Ernest 75-79 100breast 2:07.96
- Anne Uecker 45-49 50free 29.86
- Barbara Murphy 55-59 50back 40.74
- Norm Seagrave 90-94 50back 1:22.53

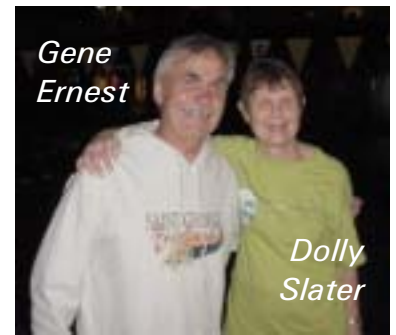


Norm Seagrave

In case you didn't notice, Norm Seagrave (*left*) is now *90 years old!* Wow. MESC's "master's master" division has a bright future. Congratulations, also, to Gene Ernest for setting a state record in only his second masters meet.

Despite these exciting trends, the 2007 George Erswell meet came to an abrupt halt

when the lights went out halfway through event 12. Some lights in the fieldhouse eventually came back on, including the backup lights in the pool area. After about 30 minutes meet director Brad Burnham made an announcement, "due to the increasing severity of the storm, the remainder of the meet is cancelled." This was the first time in recent memory that a MESC meet had to be postponed or cancelled. Most of the swimmers did not seem too disappointed, perhaps because this was only the first meet of the indoor season, and we all have much to look forward to in the months ahead.



Gene Ernest

Dolly Slater

Lights out at Bowdoin

MESC Board Members

President	Brad Burnham	725-3527
Vice President	Pamela Torrey	443-6191
Secretary	<i>vacant</i>	
Treasurer	Barbara Murphy	729-9090
Registrar	Laura Lee	725-5025
Director of Meets	Brad Burnham	725-3527
Recorder	Dieter Weber	236-3938
Historian	Sandy Potholm	729-0649
Web Master	Ben Morse	240-2155
Member at Large	Hans Wendel	564-0060
Newsletter Editor	Douglas M. Roth	273-2907





Faces in the Bowdoin Crowd:

(from left) Anne Uecker & Ben Morse; Margaret Wendel; Joe Kurlanski and family.

USMS Convention Report

by Frank X. Giustra, Jr.

For five days, Sept. 13th thru Sept. 13, I attended the United States Masters Swimming (USMS) Annual Convention in Dearborn, Michigan. I was one of four delegates from the New England Local Masters Swim Committee (NE-LMSC) and as such I had voting rights.

First of all, I want you all to know that USMS is structurally sound and governed by dedicated volunteers and a few paid personnel. MESC is a member of USMS which in turn is a member of United States Aquatic Sports (USAS). This arrangement may sound complicated, but it is not. There can be only one recognized member of *Federation Internationale de Natation Amateur* (FINA) in each country throughout the world. That member federation is USAS thus tying us all together.

My knowledge of the workings of USMS was definitely increased by my attendance at this XXVII United States Aquatic Sports Convention. Let me give you first hand the most up-to-date schedule of national USMS events:

- 1) 2007 YMCA Masters National Championships, April 12-15, at the "fastest pool in the world" (Indianapolis, Indiana)
- 2) 2007 Short Course Nationals, May 17-20,

at Weyerhaeuser King County Aquatic Center (Federal Way, WA)

3) 2007 Long Course National Championships, August 10-13, at The Woodlands, Texas (www.lcnationals2007.net)

I met many well-meaning people with a lot to say from all over the US. As one of the first delegates from Maine I witnessed how to run an effective meeting and also how "not to."

My most interesting acquaintance was my roommate, Scott Campbell, from the Gulf-LMSC. He is a world traveler from Texas. His Woodland Masters Swim Team (WMST) will host the 2007 Long Course Championships. Beside volunteering his efforts for WMST and USMS, Scott designs desalinating devices for ocean oil rigs. Sharing a room with Scott was definitely educational. At one point I got a lesson in geography, not realizing the proximity of the Canadian border to Dearborn, MI.

Of course the Convention was not all work and no play. I visited the Henry Ford Museum which displayed the world's finest collection of automobiles, including the limo in which President Kennedy rode on that fateful day. The highlight of my non-convention activities was dinner with the other NE delegates and Tracy Grilli, USMS National Office administrator. We dined at Benihana, a Japanese steakhouse and a first for me.

The Bottom Line

by Sandy Potholm

“What do you like about swim meets? What do you dislike about meets?”



(left) Andrew Thomas, Orono/Old Town

Here's what I like:

The adrenalin rush...Seeing someone do a time they're proud of...The camaraderie, cheering and mutual support...For that day, at least, I'm 20 years old again, at a meet with my team-mates...

What I don't like:

The last 25 of the 100 back...The breast leg of the IM...Planning what and when I can/should eat.

(right)

Robert Johnston, Augusta

What I like about swim meets:

Visiting with friends and colleagues...Swimming fast.

What I don't like about swim meets:

There's nothing that I dislike about meets.



(left) Joyce Brown, Brunswick

The best thing I like about swim meets is seeing all my swim buddies. It gives me a chance to socialize a bit with them. Also meets do give me an incentive to get myself in the pool to get ready for them.

I can't say that I dislike anything about meets. I just wish I could attend more of them.



(right) Son Nguyen, Riverton

Swim meets provide me the opportunity to achieve best times and to test what I have trained to do in practices. Swim meets also help me to determine the aspects of my technique which need improvement and formulate a better training plan that will get me to have fun, make new friends, and see old friends in the swimming community.

What don't I like about swim meets? Nothing.



MESC's Most Active Competitors

Zach Gray tops the list of our most-active meet participants!

On average, there is one masters meet or open-water event held in Maine each month. During the past 10 months (Jan-Oct 2006) more than 130 MESC swimmers competed in 11 separate competitions. According to our database, the most active meet-going swimmer from the Maine Masters Swim Club was Zach Gray, who swam in 9 out of 11 events. Nine other swimmers swam in at least 7 events. Photos of our "ten most active" members are posted on the opposite page.

Meet Zachary Gray

Zach is one of our youngest, most energetic, and - as of Nov'2006 - officially the "most active" swimmer in our club. He is also our incoming Treasurer and the MESC pool rep for the Dover-Foxcroft pool.

Zach grew up in Windsor, Maine and swam at the Erskine Academy in South China. In 2001 he joined the U>Maine team at Orono. While there he swam freestyle events for coach Jeff Wren. His best event was the 200 free, in which he swam a career best of 1:47.85. He also swam a 4:56 in the 500 free.

As a freshman at UMaine Zach met fellow swimmer Son Nguyen, who was a senior at the time. Son, of course, is one of our Maine Masters standouts. When Zach graduated in 2005 he joined Son on our Masters team, and the two are now regular participants on our MESC meet circuit. They're trying to recruit *more* UMaine swimmers, too. Zach recently started practicing at UMaine again, making the 45 minute drive from Milo several times each week so he can swim with coach Wren and occasionally with his old college team. With Zach and coach Wren's leadership, Masters Swimming may rebound at Orono, and there is the possibility of holding a SCM masters meet there in 2007.

So far in 2007 Zach has swum in 9 of our meets. At the New England Championships at Harvard, he and Son were the only two swimmers in the entire meet to swim in the maximum number of events: 13 individuals and 5 relays for a total of 18 races. In August Zach braved hypothermia and won his division at the Rockland Breakwater Swim. The most memorable meet, however, was the Boston Tea Party meet that he and Son entered. The meet organizers asked Zach and Son "are you a couple?" and "would you two like to sleep over with us?" It was then that Zach realized that the gay-sponsored "teacup" event wasn't your ordinary masters meet.

Zach works as a teacher at Penquis Valley High School in Milo. He teaches classes in Journalism, History, and Geography. You can expect to see him at any and all MESC events in 2007.



Zachary Gray



Former UMaine swimmers Zach and Son at the Bowdoin meet.



MESC's 10 Most-active

(clockwise, from upper left)

Nancy O'Brien-MacKinnon - Wiscasset

Geoff Hadam - Riverton

Hodding Carter - PenBay

Son Nguyen - Riverton

Douglas Roth - PenBay

Kristi Panayotoff - PenBay

Bill Rupert - Bates

Michael Schmidt - Waterville

Zach Gray - Dover-Foxcroft

Kevin Crowley - South Portland



2006 New England LMSC Short Course Meters Championship and New England Masters Workout Group Challenge December 15-17, 2006: Boston University, Boston MA

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 037-011-SSCM

Maximum of five individual events per day, plus relays: ENTER SHORT COURSE METERS SEED TIMES

<i>Print seed times clearly! Use a colon between minutes and seconds A seed time must be recorded for each event entered</i>			
Evt. No.	Entry Time	*enter meters seed times*	Entry Time
	Women	Event	Men
Friday 12/15, 5:30 p.m. warm up, 6:00 p.m. start			
1		800 Meter Freestyle	2
20:00 cutoff for 800 free, see information sheet			
Saturday 12/16, 9:00 a.m. warm up, 10:00 a.m. start			
3		100 Meter Individual Medley	4
5		50 Meter Butterfly	6
7		400 Meter Free: WOMEN	see below
9		200 Meter Breaststroke	10
11		50 Meter Freestyle	12
13,15	deck entry	200 Meter Medley Relay	deck entry 14,15
17		200 Meter Backstroke	18
19		100 Meter Butterfly	20
21		400 Meter Individual Medley	22
23,25	deck entry	400 Meter Freestyle Relay	deck entry 24,25
Sunday 12/17, 9:00 a.m. warm up, 10:00 a.m. start			
27		100 Meter Freestyle	28
29		200 Meter Individual Medley	30
31		100 Meter Breaststroke	32
--	see above	400 Meter Free: MEN	34
35		50 Meter Backstroke	36
37,39	deck entry	200 Meter Freestyle Relay	deck entry 38,39
41		200 Meter Butterfly	42
43		50 Breaststroke	44
45		200 Meter Freestyle	46
47		100 Meter Backstroke	48
49,51	deck entry	400 Meter Medley Relay	deck entry 50,51
53,55	deck entry	800 Meter Freestyle Relay	deck entry 54,55

<p>Name _____ Gender: M F</p> <p>Emergency Contact Name & Phone _____</p> <p>Age on 12/31/06 _____ DOB _____ Phone _____</p> <p>E-Mail _____</p> <p>Address _____</p> <p>2006 or 2007 USMS# _____</p> <p><input type="checkbox"/> New England Masters-Workout Group:</p> <p><input type="checkbox"/> Great Bay Masters <input type="checkbox"/> Maine Masters <input type="checkbox"/> Vermont Masters</p> <p>The above clubs are members of the NELMSC; swimmers must be USMS registered but do not need to attach USMS card copy.</p> <p><input type="checkbox"/> Other Club name: _____ LMSC _____</p> <p>Members of clubs outside the New England LMSC must attach a copy of your USMS card. ALL INFORMATION ON THIS FORM IS MANDATORY FOR AN OFFICIAL ENTRY. SWIMMERS WITH INCOMPLETE OR INCORRECT FORMS WILL BE PLACED ON THE MEET WEB PAGE PROBLEMS LIST AND ASSESSED A \$5 PROCESSING FEE. COMMON PROBLEMS: MISSED SIGNATURE; UNDERPAYMENT; USMS NUMBER PENDING; NON-NELMSC SWIMMERS WITHOUT A USMS CARD COPY.</p> <p>All problems must be resolved, and fees received, by 12/13, or entry will be rejected.</p>	<p>Meet web site: http://www.greatbaymasters.org/06scmchamp.php</p> <p>Web site features meet information, updates, problem entry list, psych sheets, timelines, frequently asked questions. PLEASE CHECK FREQUENTLY.</p> <p>Meet entry fee = \$18.00 Mail To: # individual events X \$5.00 = \$ _____ NELMSC SCM Championship Total payable to Great Bay Masters: = \$ _____ PO Box 1866 Dover, NH 03821</p>
<p>ENTRY DEADLINE: Entries must be postmarked by Wednesday November 29 or received by Saturday December 2</p>	<p>LATE ENTRIES: If you miss the entry deadline you may submit an entry form that must be received no later than 6 p.m. Saturday December 9, with an additional \$18 penalty.</p>
<p>I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules of USMS.</p> <p style="text-align: right;">SIGNATURE _____ DATE _____</p>	

Mid-Maine Winter Warm-Up
 Alfond Youth Center
 126 North Street
 Waterville, ME 04901

DATE and TIME: Sunday, January 14, 2006
 9:00 AM Warm-Up, 10:00 AM Start

FACILITY: This is a 6 lane 25 yard competition pool with electronic timing. Directions: Take I-95 to Exit 130 (formerly Exit 34). Take a right off the exit ramp onto Main Street. Holiday Inn will be on your left and the Home Depot and Staples will be on your right. Take a right onto Eustis Parkway, there will be signs for Maine General Medical Center. Go to the end of Eustis Parkway, Maine General will be on your right. Take a left onto North Street. Go past the playground and outdoor pool. The Alfond Youth Center will be on your right.

ENTRIES: Deck entries will be allowed until 9:30 AM. Pre-Registration \$15 (post date 1/6), deck entry \$20, for five standard events and relays.

Women	Event	Men
1	25 Free	2
3	500 Free	4
5	100 Breast	6
7	50 Back	8
9	25 Fly	10
11	100 IM	12
13	100 Back	14
15	50 Fly	16
17	50 Breast	18
19	200 Free	20
21	100 Fly	22
23	200 Open (choose stroke)	24
25	50 Free	26
27	25 Breast	28
29	200 IM	30
31	100 Free	32
33	25 Back	34
35	Distance: Specify 1000 or 1650	36

SEEDING:
 Slow to fast, regardless of age. "No times" will be seeded in the slowest heats. *Relays will be deck seeded.

AWARDS:
 Ribbons will awarded to the first three places in five year age groups for both men and women. White "Personal Best" ribbons will be available on request to meet director.

MEET DIRECTORS: Anne & Jeff Uecker
CONTACT: Anne Uecker, 207-465-4877,
 anuecker@adelphia.net
SEND ENTRIES TO: Anne Uecker, 307 Rocky Shore Ln
 Oakland, ME 04963

For other Maine Masters information visit our Web Site
 at: www.mainemasters.org

REGISTRATION and MEET APPROVAL DATA:

- USMS approval level requested for this meet is
1. Sanctioned ___ b) Recognized XX
 2. Both USMS Registered Masters swimmers and non-registered swimmers may enter a recognized meet.
 3. USMS liability release waiver must be signed.
 4. Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England and nationally.

To register as a Maine Master contact: Son Nguyen, 497 Westbrook St. #307d, South Portland, ME 04106, (207) 615-1299

Mid-Maine Winter Warm-Up
 Alfond Youth Center
 Sunday, January 14, 2007

Name _____
 Address _____
 E-Mail _____
 Home Phone _____ USMS # _____
 Age _____ DOB _____ Gender: M F
 Maine Masters (MESC) New England Masters(NEM)
 Other Masters Club-please indicate _____
 Not a member of a Masters Club
 Event # _____ Seed Time _____
 Event # _____ Seed Time _____
 Event # _____ Seed Time _____
 Event # _____ Seed Time _____
 Event # _____ Seed Time _____

Members of clubs outside the New England LMSC must attach a COPY OF THEIR CURRENT USMS MEMBERSHIP CARD.

FEES: Pre-registration fee is \$15, late fee is \$20, covering 5 standard events and relays. Make checks payable to: Maine Masters Swim Club
Total Fees Enclosed: \$ _____

Waiver: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

 Signature of Participant Date



Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
Nov 19	Augusta Meet	Kennebeck YMCA	Colleen Lepage (207) 626-3488
Dec 15-17	* NE SCM Champs.	Boston University	www.greatbaymasters.org
Jan 14	* Waterville Swim Meet	Alfond Youth Ctr.	Anne/Jeff Uecker (207) 465-4877
Jan 28	Bowdoin Distance Fest.	Brunswick	Brad Burnham (207) 725-3527
Feb ?	Casco Bay Meet	Freeport YMCA	Ben Morse (207) 240-2155
Mar 11	Bangor Meet	Bangor YWCA	Sterling Dymond (207) 240-2155

POSTAL EVENTS

Jan'07	USMS One Hour Swim	nationwide	Margie Hutinger (727) 521-1172
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** entry forms included in this newsletter.*



More Info: <http://www.mainemasters.org> or <http://usms.org>

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