

JANUARY 2007

# Maine Masters

S W I M C L U B

N E W S L E T T E R

## Be a Champion!

by Frank X. Giustra, Jr. (MESC President)

**N**ancy O'Brien-MacKinnon, your vice-president, and I want you to be part of a championship team. As new president one of the items on our agenda is to take first place among all the away teams at the NE Masters SCY Championships to be held at Harvard University on March 23-25th. Despite what most people think this championship is more than an individual competition. It is a TEAM event.

Maine Masters Swim Club has placed second several times within the last decade.



*WANTED: More women at Harvard*

Usually we have about 30 entries. With at least 50 members attending our club can surely place first since team points are awarded for the first 16 places on individual events with double points for relays.

If you have yet to renew your membership for 2007, do it now so that you will not miss any sanctioned meets you may wish to enter. Since the championships are in the early spring it is necessary to keep your mem-



*MESC will have no trouble winning points if Sturdy Studs like these fellows show up at Harvard: (l-r) Norm Seagrave (90), Charlie Butt (81), John White (90), and John Woods (88).*

### MESC Board Members

|                   |                       |          |
|-------------------|-----------------------|----------|
| President         | Frank X. Giustra, Jr. | 832-6860 |
| Vice President    | Nancy O'Brien         | 677-2257 |
| Secretary         | Robert Johnston       | 923-3050 |
| Treasurer         | Zachary Gray          | 561-0644 |
| Registrar         | Son Nguyen            | 615-1299 |
| Director of Meets | Brad Burnham          | 725-5025 |
| Recorder          | Dieter Weber          | 236-3938 |
| Historian         | Sandy Potholm         | 729-0649 |
| Web Master        | Ben Morse             | 729-9025 |
| Member at Large   | Sterling Dymond III   | 942-3148 |
| Newsletter Editor | Douglas M. Roth       | 273-2907 |



bership current. Talk to your pool reps and commit yourself early to joining us in our endeavor to beat out the teams from New York, New Hampshire, Connecticut, Vermont, and Rhode Island. Be a part of history by becoming a member of our winning team.

Keep in mind these championships are for all swimmers regardless of ability. All you need is your best effort to score points for our team. We need all age groups and in particular more female entries than we had last year.

A team event is a fun event, especially with four relays (200free, 400free, 200medley, and 400medley). Form your relays now. Get to know your teammates.

As soon as you decide to go, let me



*That's right. We want to see more WOMEN at Harvard!*

know via e-mail. In this way I can keep you up to date on how to get an entry form, where to stay, and how to get there. The expense is minimal if you car pool and are willing to share a room with 1,2, or 3 teammates.

Both Nancy and I look forward to 2007 being one of the best years for Maine Masters, with increased membership and a first place in the New England SCY Championships.



## Proposed Policy Change - Sanctioned Meets

*by Frank X. Giustra, Jr.*

**M**aine Masters Swim Club has sponsored both sanctioned and non-sanctioned meets. Sanctioned meets are open only to registered masters swimmers. Non-sanctioned meets are open to anyone. As new president one of the items on my agenda is to increase our membership in the year 2007. One way this can be done is by MESC sponsoring *only* USMS sanctioned meets.

It is important that we still encourage non-members to at least consider swimming in our meets. This can be accomplished by allowing non-members the chance to both join

MESC and swim in their first meet for one low price. Such meet entries would pay a \$35 fee. This would pay for both MESC membership and that first meet. In effect they would get to swim in their first meet for free. This is a great way to boost both membership and meet participation.

The board of directors and pool representatives will vote on the following policy change at our Jan. 14, 2007 meeting: "MESC sponsors only USMS sanctioned meets." If you have any questions about this proposed policy change, please e-mail me at [giustrajr@peoplepc.com](mailto:giustrajr@peoplepc.com).

# Where are We?

by Douglas M. Roth

At the end of 2006 there were about 220 registered MESC swimmers. This is below our historic peak in 1996 when we had 248 members, but well above the 142 of just two years ago. As you can see by the chart below, most of our workout groups are growing. The Bangor Y, Husson College, Riverton, and Bar Harbor groups all more than doubled in size. Way to go!

Sterling Dymond and the Bangor Y have done a particularly noteworthy job. In just one year they grew from 4 MESC members to 16. Wow! Much of this growth was due to Sterling's smart decision to hold a sanctioned meet last March. In contrast, observe how Ellsworth's membership has declined. Scott Redmond did a great job of organizing a well-attended, but *non*-sanctioned, meet in May, but his Ellsworth teammates saw no need to join MESC. The new proposed policy (*see opposite page*) is designed to help pool reps



like Scott build his team.

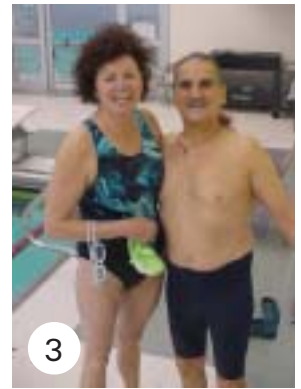
Riverton is also on the move under the leadership of coach Jeannette Strickland. Her swimmers have enthusiasm and courage, as evidenced by their cold-water turnouts at P2P and the Breakwater Race. Jeannette reports

that she offers a gentle, entry-level program called "Masters 101" to her pool members. Ironically, the M101 class is just as, if not *more*, popular than the regular masters team.

The early morning group at Husson College is healthy and growing, partly due to its low annual fee (\$75). The Bar Harbor group is also growing. Sadly, the Old Town group basically disbanded earlier this year when coach Matt Vogel moved out-of-state. The good news is that most of the Old Town swimmers have migrated to Orono, and this has inspired UMaine Swim Coach Jeff Wren to think about holding a SCM meet later this year. A big THANK YOU goes out to all MESC pool reps. Keep up the good work!

| <u>POOL</u>                 | <u>POOL REP</u>  | <u>2006 MEMBERS</u> | <u>NEW SINCE 2005</u> |
|-----------------------------|------------------|---------------------|-----------------------|
| Bowdoin College (Brunswick) | Sandy Potholm    | 57                  | + 16                  |
| PenBay YMCA (Rockport)      | Douglas Roth     | 42                  | + 14                  |
| Bangor YWCA                 | Sterling Dymond  | 16                  | + 12                  |
| Bath YMCA                   | Bob Nelson       | 12                  | + 5                   |
| Wiscasset Community Center  | Nancy O'Brien    | 9                   | + 2                   |
| Husson College (Bangor)     | Paul Nichols     | 8                   | + 6                   |
| Downeast YMCA (Ellsworth)   | Scott Redmond    | 7                   | minus 2               |
| Riverton                    | Son Nguyen       | 7                   | + 5                   |
| Casco Bay YMCA (Freeport)   | Ben Morse        | 6                   | minus 3               |
| Old Town                    | Andrew Thomas    | 6                   | + 6                   |
| Waterville                  | Anne Uecker      | 5                   | + 1                   |
| MDI YMCA (Bar Harbor)       | Jeff Walls       | 5                   | + 4                   |
| Augusta YMCA                | Robert Johnston  | 4                   | + 1                   |
| Farmington                  | Peter Fredericks | 4                   | + 1                   |
| Portland YMCA               | Jim Harvey       | 4                   | minus 4               |

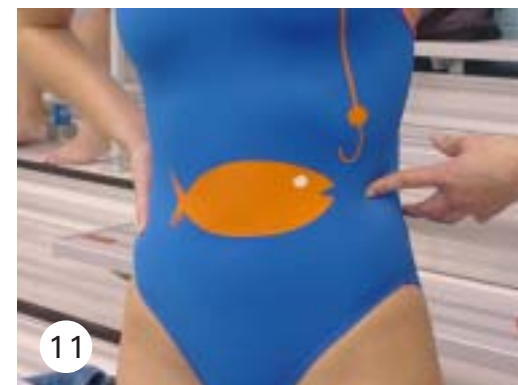
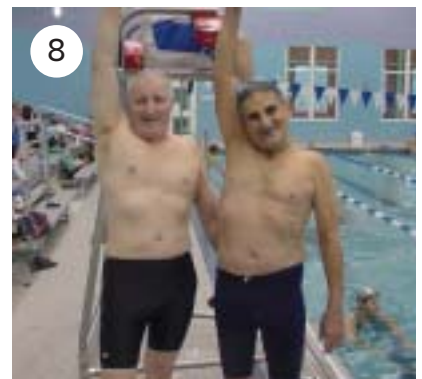




**Faces in the Crowd at the Bath Meet:** (1) Zach Gray and his cast, (2) Catherine Lyons, Lori LaPointe, Nancy O'Brien-MacKinnon and Susan Sullivan, (3) Nancy and Mudd Sharrigan, (4) Margaret Pizer, (5) Carrie Carney, Jade Nelson, Carrie Hedstrom and Brittany Pukas, (6) Gene Ernest, Dieter Weber, Sterling Dymond, and Bill Jones.



**MESC Swimmers at the Augusta Meet:** (7) Kelly Sherwood, (8) Pete Giustra and Mudd Sharrigan (smile), (9) Anneliese Pugh, Nancy O'Brien-MacKinnon, Lori LaPointe and Susan Sullivan, (10) Anne Uecker, Margaret Pizer and Pam Torrey, (11) Kim Blais' catchy "fish" suit, and (12) Kasey Stewart, Kim Blais, Samuel Weissman, and Son Nguyen.



# 1-Hour Swim and Distance All Stars

The 1-hour swim is the highlight of the winter swim season for serious open-water swimmers. The event measures how far you can swim in 60 minutes. Last year MESC swimmer Margaret Pizer swam 4,800 yds in one hour. This amounts to an indoor swim of *almost three miles!* The 1-hour swim will be part of the Bowdoin Distance Festival in Brunswick on January 28th.

The 1-hour swim is also the first distance event on the annual USMS long distance calendar. USMS sponsors ten distance championships; five are open-water swims and five are postal events. Each of the ten swims is scored, and points are awarded to the top 10 places in each age group. When all ten race results are combined, the person who accumulates the highest number of points is declared a *USMS Distance All Star*. One caveat is that you must swim in at least three of the 10 distance events to be considered.



Ben Morse

Last year MESC swimmer Ben Morse was designated a *USMS Distance All Star* and his name appeared in "USMS Swimmer" magazine. He was one of only 19 swimmers in the entire United States to receive this honor.

The Distance All Star designation is within reach of other MESC swimmers, too. If you give it a try, you have a decent chance of success because not many swimmers enter the 6-mile race or the two LCM postal events (which we will arrange to do at the Jenny Thompson Pool this summer). In 2007 Maine

swimmers are lucky because a full seven (7) of the ten USMS distance events can be swum in Maine or somewhere within a day's drive of Maine. This includes the 6-mile open water race that will be held on Long Island (NY) in July. Anyone who is interested in this kind of challenge can get started by joining us for the 1-hour swim at Bowdoin on January 28th.

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## Casco Bay's "Toughen-up" Challenge

The February 24th meet in Freeport will feature a Pentathlon-type competition that will run concurrently with meet. The five-event format aims to find the "toughest" masters swimmers. There will be two categories for men and women: Sprint and Distance. Swimmers who enter all 5 of the "toughen up" events will have their times age-graded and added together, with the lowest combined time taking the title in each age group.

Awards will be given out after the meet to recognize MESC's Toughest Men and the Toughest Women.

To sign-up for the *Casco Bay YMCA Toughen-up Challenge* please use the regular entry form (*next page*) and be sure to enter all 5 of the respective events. Please mark the special space on the entry form to indicate that you intend to enter the challenge.

Good luck!

### Sprint Competition

50 back  
50 fly  
50 free  
50 breast  
100 IM

### Distance Competition

400 IM  
200 free  
200 breast  
200 back  
200 fly

**CASCO BAY YMCA  
TOUGHEN-UP CHALLENGE**

Casco Bay YMCA Pool  
US Route 1  
South Freeport, Maine

**DATE and TIME:** Saturday, February 24, 2007

Warm-Up 8:30 AM Meet Starts 9:00 AM

**FACILITY:** 8 Lane Pool (SCY) with electronic timing.

**DIRECTIONS:** Take exit 17 off I-95 in Yarmouth to US route #1 north. Go ¾ of a mile and turn right onto Old South Freeport Road, YMCA is the next right. (If you get to the Big Indian you have gone to far.)

**ENTRIES:** Entries must be received by MAIL no later than Wednesday 2/21/07. Deck entries until 8:30 on the day of the meet.

**ORDER of EVENTS:** (Yards)

| Women | Event  | Men |
|-------|--------|-----|
| 1.    | 400IM  | 2.  |
| 3     | 50 BK  | 4   |
| 5     | 100 BR | 6   |
| 7     | 200 FR | 8   |
| 9     | 50 FL  | 10  |
| 11    | 100 BK | 12  |
| 13    | 200 BR | 14  |
| 15    | 50 FR  | 16  |
| 17    | 200 IM | 18  |
| 19    | 100 FL | 20  |
| 21    | 50 BR  | 22  |
| 23    | 200 BK | 24  |
| 25    | 100 FR | 26  |
| 27    | 100 IM | 28  |
| 29    | 200 FL | 30  |

**SEEDING:**

Slow to fast, regardless of age. "No times" will be seeded in the slowest heats.

**AWARDS:**

Ribbons will be awarded to the first three places in five year age groups for both men and women.

**See attached sheet for additional award information about the "Toughen Up" challenge!**

**MEET DIRECTOR:** Ben Morse (207) 240-2155 or bmorse@usms.org

**REGISTRATION and MEET APPROVAL DATA:**

- a) USMS approval level for this meet is Recognized XX
- b) Both USMS Registered Masters swimmers and non-registered swimmers may enter a recognized meet. USMS liability release waiver must be signed.
- c) Maine Masters sponsored meets will be governed by the current USMS rules.
- d) To register as a Maine Master contact Son Nguyen at snguyen925@yahoo.com

**CASCO BAY YMCA TOUGHEN UP CHALLENGE  
Saturday, February 24, 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 \_\_\_\_\_

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Toughen Up Challenge

**Members of clubs outside the New England LMSC must attach a copy of their USMS card.**

**FEES:** Covering 5 individual events fee is \$15 for USMS members and \$25 for non-USMS members. Make checks payable to Ben Morse. Mail to: Ben Morse, 63 Main Rd. Phippsburg, ME 04562

**Total Fees Enclosed:** \$ \_\_\_\_\_

**Waiver:** I, the undersigned participant, intending to be legally bound, herby 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 AR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMES 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



**MESC at The Bangor Y**  
Bangor Y  
Bangor, Maine

**DATE and TIME:** Sunday, March 11<sup>th</sup>, 2007

Warm Up: 9:30 AM

Meet Start: 11:00 AM

**FACILITY:** The Bangor Y's Aloupis Pool is a 6-lane competition pool.

**ENTRIES:** \$15 if received by March 9<sup>th</sup>, 2007. \$18 for deck entries. 5 Individual Events & 1 Relay allowed.

**ORDER of EVENTS: (SCY)**

| <u>Women</u> | <u>Event</u>         | <u>Men</u> |
|--------------|----------------------|------------|
| 1            | 400 IM               | 2          |
| 3            | 50 Back              | 4          |
| 5            | 100 Breast           | 6          |
| 7            | 50 Free              | 8          |
| 9            | 200 Fly              | 10         |
| 11           | 100 Back             | 12         |
| 13           | 50 Breast            | 14         |
| 15           | 100 Free             | 16         |
| 17           | 200 IM               | 18         |
| 19           | 50 Fly               | 20         |
| 21           | 200 Back             | 22         |
| 23           | 200 Breast           | 24         |
| 25           | 100 IM               | 26         |
| 27           | 200 Free             | 28         |
| 29           | 100 Fly              | 30         |
| 31           | 200 Mix Medley Relay | 32         |
| 33           | 200 Mix Free Relay   | 34         |

**SEEDING:**

Slow to Fast regardless of age. "No times" will be seeded in the slowest heats.

**MEET DIRECTORS:** Sterling A. Dymond III

**FOR MORE INFO:** Sterling A. Dymond,  
[sad3nurse@verizon.net](mailto:sad3nurse@verizon.net), (207) 942-3148 or  
(207) 941-2808 ask for Pool Office

**MEET REFEREE:**

**REGISTRATION and MEET APPROVAL DATA:**

Sanctioned **XX**\_b) Recognized \_\_

This is a Sanctioned meet. Only USMS Registered Masters swimmers 18 years and older may enter a sanctioned meet. The Authorization # for this meet is:

USMS liability release waiver (below) must be executed by **all** entrants. Please provide your USMS Number in the allotted space below.

All 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.

| <b>MESC at The Bangor Y</b>   |                       |
|---|-----------------------|
| Name  | _____                 |
| Address   | _____                 |
| E-Mail  | _____                 |
| Phone   | _____ USMS MBR# _____ |
| Age   | DOB _____ Gender: M F |
| [ ] Maine Masters ( MESC ) [ ] New England Masters ( NEM )  |                       |
| [ ] Other Masters Club-please indicate _____  |                       |
| Event #   | Seed Time _____       |
| Event #   | Seed Time _____       |
| Event #   | Seed Time _____       |
| Event #   | Seed Time _____       |
| Event #   | Seed Time _____       |
| <b>Members of clubs outside the New England LMSC must attach a copy of their USMS card.</b>   |                       |
| <b>FEES:</b> \$15 if received or postmarked before Friday, March 9 <sup>th</sup> , 2007. \$18 if deck entered. 5 individual events and 1 relay event allowed.   |                       |
| <b>Total Fees Enclosed: \$</b> _____  |                       |
| <b>Waiver:</b> "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                         |
|-----------|------------------------|-------------------|---------------------------------|
| Jan 14    | Waterville Swim Meet   | Alfond Youth Ctr. | Anne/Jeff Uecker (207) 465-4877 |
| Jan 14    | MESC Board Meeting     | Waterville Pool   | Frank Giustra (207) 832-6860    |
| Jan 28    | Bowdoin Distance Fest. | Brunswick         | Brad Burnham (207) 725-3527     |
| Feb 24    | * Toughen-up Meet      | Freeport YMCA     | Ben Morse (207) 240-2155        |
| Mar 11    | Bangor Meet            | Bangor YWCA       | Sterling Dymond (207) 240-2155  |
| Mar 17    | NE SCY Distance Day    | Harvard           | New England Masters website     |
| Mar 23-25 | NE SCY Championship    | Harvard           | New England Masters website     |
| Apr 7     | (possible SCM meet)    | Orono             | Zach Gray (207) 561-0644        |
| Apr 13-15 | Colonies Zone Champs   | Virginia          | USMS website                    |
| Apr 28    | Relay Festival & Meet  | PenBay YMCA       | Dieter Weber (207) 236-3938     |

## POSTAL EVENTS

|        |                    |            |                                |
|--------|--------------------|------------|--------------------------------|
| Jan'07 | USMS One Hour Swim | nationwide | Margie Hutinger (727) 521-1172 |
|--------|--------------------|------------|--------------------------------|

\* *entry forms included in this newsletter.*



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

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