

MARCH 2007

# Maine Masters

S W I M C L U B

N E W S L E T T E R

## The Final Push to be a Champion!

**M**any members of the MESC team are going to Harvard in March to win the team banner for first place at the NE SCY Championships. Scoring points is the name of the game, and the best way to do that is by entering as many events as possible. You don't need to be great in those events: points are awarded to 16th place, so just sign up for 4 events each day and see how you do!



It is especially helpful to join relay teams. There are four relays that all score double points: the 200 Free, 400 Free, 200 Medley, and 400 Medley relays. Relay age groups are 18+, 25+, 35+, 45+, and so forth. Age groups are determined by the age of



the *youngest* relay team member. Maine has a great chance to score huge amounts of relay points, especially in older age groups.

If you are not on a relay, please contact Frank at [giustrajr@peoplepc.com](mailto:giustrajr@peoplepc.com). He will help you find teammates. Swimming on relays is a lot of fun. So join one just for the fun of it!

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### MESC Board Members

President	Frank X. Giustra, Jr.	832-6860
Vice President	<i>vacant</i>	<i>vacant</i>
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	240-2155
Member at Large	Sterling Dymond III	942-3148
Newsletter Editor	Douglas M. Roth	273-2907

### Here are some Meet details:

Place: Harvard's Blodgett Pool  
 Dates: Mar 23-25  
 Entries: Late entries *might* be accepted  
 Hotel: Days Inn Cambridge (617) 254-1234  
 Price: Special MESC room rate of \$95/night  
 Info: More info at MESC or NEM websites



## President's Letter

Dear Fellow Swimmers,  
Your club is alive and well. Your new officers for 2007-08 are responding well to their new duties and responsibilities. Communicate with us if you have any concerns or suggestions to make our club better than ever. Get to know your pool representatives. Through them you can strengthen your own pool group with activities that suit all.

At the end of March a team of MESC members will compete at the New England

SCY Masters Championship. All indications are that we will have a fine representation at this event with the hopes of placing first as a team. We have done well in the past with several second place finishes. A first place finish would be a dream come true for me ever since I joined Maine Masters Swim Club over 15 years ago.

Keep swimming for the fun of it. Remember we swim for health and fitness thereby giving us a better quality of life.

As always,

*Frank Giustra*

## A Real-world Aesop's Fable

by Douglas M. Roth

I remember very clearly my first Masters meet. It was in Tokyo, in the pool they used for the 1964 Olympics. At that meet I saw a world relay record set by four men from Kobe who were each more than 80 years old.

Those men had trouble walking, but they did fantastic in the pool. There was no doubt about their enthusiasm, or about their determination to do their very best. I remember thinking, "Wow, these fellows might be 80, but they're still in the saddle. They're still trying to kick butt." It was very inspiring to think that instead of just fading away those four octogenarians were still trying to improve themselves. At 80 they were still trying to swim faster than they did yesterday.

Just then I also thought about Don Schollander, the American swimmer who had won several gold medals in that same Tokyo

pool. "It's easy to be a hotshot when you're 24 years old," I thought. "Compared to these four men, Schollander was just a punk."

It was then that I realized that Masters Swimming is an honest-to-goodness real-world Aesop's Fable. It's exactly the same as that story where the tortoise beats the hare. If you stay in the game long enough - if you hang in there - you'll win the race.

That's why I respect Masters Swimming so much, and that's why I'd like to salute our oldest "tortoises." Here are MESC's oldest masters swimmers:

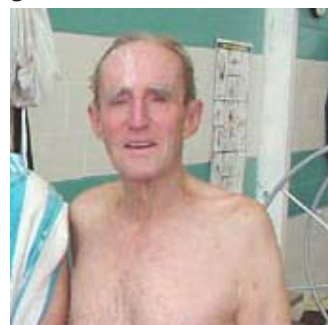
Norm Seagrave	90
John W. White	90
John Woods	88
Cornelia Johnson	83

Alice Doerr	83
Charlie Butt	81
Jean Brusila	80
Bob Mehlhorn	80

Mudd Sharrigan	79
Art Tebbens	77
Claude Bonang	76
Gene Ernest	75

William Reeve	74
Hap Hazzard	74
Hal Dower	74
Peter Brand	73
Fred Dean	73

(l~r: John Woods, John White, and Norm Seagrave)



# MESC NEWS

## Bangor Meet Cancelled

The March 11 meet at the Bangor YWCA has been cancelled due to unforeseen logistical problems. Skip Nitardy, the Bangor Aquatics Director, has stated that he is still very eager to support Masters Swimming and that he plans to host other MESC meets at his facility in the future.

## Board Vacancies

Brad Burnham, the *MESC Director of Meets*, has submitted a letter of resignation, citing work and family commitments. He intends to continue serving as Director of Meets until a replacement can be found. We appreciate the time and energy Brad has invested into Masters Swimming, both as the MESC President and in his current position as the Masters Coach at Bowdoin College.

Nancy O'Brien MacKinnon, the *MESC Vice President*, has also resigned, effective immediately. Frank Giustra, our President, will appoint interim officers for these two positions at our next MESC board meeting in April, and we will elect a new "permanent" VP and DOM at our annual member's meeting in late 2007.

## Blue Lobster Mascot

At the recent January meeting the MESC Board of Directors approved a new MESC mascot: *The Blue Lobster*. This new mascot idea was the brainchild of Zach Gray, who wants to make our club more fun and marketable. Zach and his graphics students are working on designs for Maine Blue Lobster posters and T-shirts. Stay tuned.

## Newsletter in Mail

Son Nguyen reports that *all* MESC members will receive a hard-copy version of the MESC newsletter in the mail, even if they declined

that option on their renewal forms. The "decline mail" option was printed on the forms by mistake. E-mail versions of the newsletter are usually, but not always, posted on the MESC website within a month or two after mailing.

## Thanks Dieter!

Many thanks to Dieter Weber, who laid out our new MESC meet entry form. The new entry forms are better looking and *much* better organized.

There is also more space for writing-in seed times and other information. The new entry forms are being used for the upcoming Orono and PenBay meets and can be seen in this newsletter.



## Peaks Conflict

Suzanne Wantland, the Executive Director of the Greater Portland YMCA, has announced that the 2007 Peaks-to-Portland open water race is planned for July 14th. This conflicts with the USMS 10K National Open Water Championships to be held in Huntington Beach, NY, on the same day. Quite a few MESC open water enthusiasts were planning to participate in both events, but now it looks likely that they will have to choose one or the other. The 10K (6-mile) Championships attracts participants from all around the US, and it is rarely held in a location this close to Maine. The 2.4 mile Peaks event, on the other hand, mostly attracts local Portland swimmers and is held every year. For these reasons some MESC swimmers are already thinking about skipping Peaks this year and swimming in both the Huntington Beach race in July and the Rockland Breakwater race in August. It might still be possible to change Ms. Wantland's mind. She can be reached at (207) 874-1111 (ext. 113).



## Faces at in the crowd at the Waterville Meet

*(clockwise, from below right):* Geoff Hadam and Jessica Nickels; Stan Hansen; Anneliese Pugh, Nancy O'Brien MacKinnon, and Susan Sullivan; Ronnie Kamphausen; some future Masters Swimmers; Zach Gray and one of his Blue Lobster designs; Tim Lecrone.



## Bowdoin's Distance Festival

*(clockwise, from below):* John Gale; Doug Moore; Son Nguyen and Amy Klodzinski; Burcay Gurcan; Amy and Son.



# The Bottom Line

by Sandy Potholm

**“Do you warm-up before a meet? If so, what do you do?”**

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**(left) Susan Sullivan, Wiscasset**

I always warm up at a meet. I swim about 400 yds. freestyle, trying to stay long and loose, then a mixture of breast, back, and fly. I focus on the turns and trying to get a feel for the pool. If there is a long time between events, I will also swim a little before each event.

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**(right) Kevin Crowley, South Portland**

I do warm up before a meet. I know that some believe it is important to rest the day before a meet. I make sure to get a good cardio workout (usually running rather than swimming) on the day before a meet. I am a big believer in the importance of stretching. I begin stretching when I get up on the day of an event. I continue this at the pool side right up to race time. I usually do a short warm up in the pool before each event. Swim Fast!



**(left) Charlie Butt, Brunswick**

I never warm up before a swim meet or my event. I don't want to get too tired!

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**(right) Bridget Convey, Augusta**

Yes, I do warm up before a meet. My body is much happier when I am warmed-up! I start slow, stretch out, and focus on technical issues regarding the strokes that I will be swimming at the meet.

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**(left) Nancy O'Brien, Wiscasset**

Do I warm up before a meet? Yes, I try to swim at least 500 yards. I mix it up with a 250 INDY, which is a 25 fly, 50 back, 75 breast, and 100 free, followed by a 250 swim. I also try to do a few starts. The warm up loosens up the old body and also helps channel some nervous energy.



# University of Maine Black Bear Masters Metric Swim Meet

April 7<sup>th</sup>, 2007 – Memorial Gym, Orono, Maine  
 Sanctioned by NE-LMSC for USMS, Inc. Sanction Number 038-006-SSCY

## Saturday 4/7, 1 PM Warm up / 2:00 PM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and enter a seed time (select up to 5 individual events). Seedings will be from slow to fast regardless of age. Entries with no seed times will be placed in the slowest heat. Seeding should be in Short Course Meters. To convert times go to <http://www.swimhsa.org/forms/timeconvert.html>

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1	See below	200 Meter Medley Relay	See below	2
3		400 Meter Free		4
5		200 Meter IM		6
7		50 Meter Breast		8
9		100 Meter Back		10
11		50 Meter Free		12
13		400 Meter IM		14
15		50 Meter Fly Short Break		16
17		200 Meter Free		18
19		100 Meter Fly		20
21		100 Meter Breast		22
23		50 Meter Back		24
25		100 Meter IM Short Break		26
27		100 Meter Free		28
29		200 Yard Choice: (pick one) [ ] Back, [ ] Breast, [ ] Fly		30
31	See Below	200 Meter Free Relay	See below	32
33	See Below	800 Meter Free Relay	See below	34
35		1500 Meter Free		36

Relays will be Deck seeded at the meet.

Warm up lanes will be available throughout the meet.

## Participant Information

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Home Phone \_\_\_\_\_ USMS# \_\_\_\_\_  
 Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender  M  F  
 Emergency Contact (name/phone) \_\_\_\_\_  
 New England Masters (NEM)  Maine Masters (MESC)  
 Other Masters Club (please indicate club \_\_\_\_\_)

Club members outside the New England LMSC must attach a copy of their current USMS membership card

## Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All property timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.

This is a sanctioned meet. Only USMS Registered Masters swimmers 18 years and older may enter a sanctioned meet. To register as a Maine Master contact: Son Nguyen, 497 Westbrook St. #307d, South Portland, ME 04106 (207) 615-1299.

Directions: From the South Exit 193 (Formerly Exit 51): Coming from the south on I-95, take Stillwater Ave Exit #193. Turn towards Burger King and the shopping center. Turn right at the fourth traffic light by McDonald's and KFC on College Avenue. Take the third left onto Munson Road at the first University of Maine sign. The Memorial Gym is right in front of you.

Facility: Stanley Wallace pool 8 lane, 25 SCM competition pool with electronic timing

Awards: Time cards with individual results will be available for participants

Meet Directors: Jeff Wren and Zach Gray

Contacts: Jeff Wren at (207) -581-1076 or Zach Gray (207) 561-0644 <zachary.gray@umit.maine.edu

Fees: The meet fee is \$15, covering up to 5 individual events.

Make checks payable to University of Maine.

Send Entries To: Jeff Wren, Memorial Gym, University of Maine, Orono, ME 04469

(entries that are mailed must be postmarked by April 2nd<sup>nd</sup>, there will be deck entries but the more received ahead of time the smoother we can run things )

## Waiver (must be signed by all participants)

"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 the Participant \_\_\_\_\_

Date \_\_\_\_\_

# 5<sup>th</sup> Annual Mid-Coast Masters Relay Festival

April 28<sup>th</sup>, 2007 – Penobscot Bay YMCA, 116 Union St., Rockport, Maine  
Sanctioned by NE-LMSC for USMS, Inc. Sanction Number 038-003-SSCY

## Saturday 4/28, 11:00 AM Warm up / 12:00 PM Start

*Print seed times clearly! Use a colon between minutes and seconds.  
Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events, see relay note below for relay entries). Seedings will be from slow to fast regardless of age. Entries with no seed times will be placed in the slowest heat.*

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1	See below	400 Yard Medley Relay	See below	2
3		100 Yard Back		4
5		50 Yard Butterfly		6
7		100 Yard Breast		8
9	See below	200 Yard Free Relay	See below	10
11		50 Yard Free		12
13		200 Yard Choice: (pick one) [ ] Back, [ ] Breast, [ ] Fly		14
15	See below	200 Yard Medley Relay	See below	16
17		50 Yard Back		18
19		100 Yard Individual Medley		20
21		50 Yard Breast		22
23	See below	400 Yard Free Relay	See below	24
25		100 Yard Free		26
27		200 Yard Individual Medley		28
29		100 Yard Butterfly		30
31	See below	800 Yard Free Relay	See below	32
33		200 Yard Free		34

**Note:** The relay events will be seeded by the meet director and staff before the meet and entries will be posted at the meet. All swimmers will be seeded in all relays, unless they explicitly opt out.

**Relay Preference: (check only one)**

- [ ] Enter me in any position in any relay.
- [ ] Enter me in any position in any relay, except I don't want to swim these strokes/events. \_\_\_\_\_
- [ ] I want to be seeded as the first swimmer in each relay event to record an official time for the event. If I can't be seeded as the first swimmer, enter me in the individual event (back or free) following the relay instead.
- [ ] I prefer not to swim in relay events (keep in mind that this is a relay festival)

## Participant Information

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Home Phone \_\_\_\_\_ USMS# \_\_\_\_\_  
 Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender  M  F  
 Emergency Contact (name/phone) \_\_\_\_\_  
 New England Masters (NEM)  Maine Masters (MESC)  
 Other Masters Club (please indicate club \_\_\_\_\_)

Club members outside the New England LMSC must attach a copy of their current USMS membership card

## Meet Details

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.

**This is a sanctioned meet.** Only USMS Registered Masters swimmers 18 years and older may enter a sanctioned meet. To register as a Maine Master contact: Son Nguyen, 497 Westbrook St. #307d, South Portland, ME 04106 (207) 615-1299.

**Directions:** From south: Take US Rt 1 north to Camden. At the 'stop' sign, turn right onto Union St. Proceed through Rockport-Camden white arch. The "Y" is .3 miles on the left. From north: Follow Rt 1 south through the Camden downtown. Turn left at the three way intersection (at the "Stop & Go") onto Union St., and proceed through the white arch. The "Y" is .3 miles on the left.

**Facility:** New 8 lane, 25 yard competition pool with electronic timing

**Awards:** Time cards with individual results will be available for participants

**Meet Director:** Dieter Weber

**Contacts:** Dieter Weber (207) 236-3938 <dieter\_at\_Cisco.COM>, Carrie Carney (207) 594-0424, or Frank Giustra <giustrajr\_at\_peoplepc.com>

**Fees:** The meet fee is \$20, covering up to 5 individual events and 5 relays.

Make checks payable to **Pen Bay Masters.**

**Send Entries To:** Dieter Weber, 30 Park St., Camden, ME 04843  
 (entries must be postmarked by April 24<sup>th</sup> or received by April 26<sup>th</sup>, there will be no deck entries)

## Waiver (must be signed by all participants)

"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 these 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 the Participant \_\_\_\_\_

Date \_\_\_\_\_



## Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
Feb 24	Toughen-up Meet	Freeport YMCA	Ben Morse (207) 240-2155
Mar 11	<i>(cancelled)</i> Bangor Meet	<i>cancelled</i>	<i>cancelled</i>
Mar 17	NE SCY Distance Day	Harvard	New England Masters website
Mar 23-25	NE SCY Championship	Harvard	New England Masters website
Apr 7	* Meters Meet (rare)	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
Apr 28	MESC Board Meeting	PenBay YMCA	Frank Giustra (207) 832-6860
May ?	Ellsworth Meet	Downeast YMCA	Scott Redmond (207) 288-0212
Jun 23-24	NE Long Course Champs	Middlebury, VT	Vermont Masters
Jul 14	USMS 10K Open Water	Huntington, NY	Bea Hartigan (631) 271-3349
Aug 25	Breakwater Race	Rockland, ME	Carrie Carney (207) 594-0424

\* *entry forms included in this newsletter.*



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

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