

MAY 2007

Maine Masters

S W I M C L U B

N E W S L E T T E R

Maine Masters Wins Big!

Maine Masters is officially New England's top USMS Club!

First Place! 55 MESC swimmers travelled to Boston in late March for the New England SCY Championships. With solid swimming and outstanding relay participation the MESC team won **FIRST PLACE** in the USMS Club Division!

MESC swimmers set nine new records and amassed a point total of 4802 points. This is more than *double* our previous best



(upper right) President Frank Guistra and other MESC swimmers accept the 1st place banner.

(above) Maine's high scorer, Bill Jones (left) poses with Hans Wendel and Doug Pride, Sr.

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



team total. Bill Jones was our highest individual points scorer. Andrew Pulsifer also put in an amazing performance, setting five New England records in a very tough age group.

Top point scorers for the Maine team included the following: Bill Jones (202 points); Zach Gray (181); Geoff Hadam (160); Brittany Harrington (153); Dolly Slater (151); Diane Tyler (148); Pete Giustra (137); Mike Schmidt (134); Frank Giustra (128); Claire Russo (112); and Son Nguyen (112). Great Job!



Doug Pride and Andrew Pulsifer last summer in Dover.

New England Records set at Harvard by MESC Swimmers:

Mike Schmidt	1650 Free 40-44	17:39.3
Andrew Pulsifer	100 Back 40-44	56.00
Andrew Pulsifer	200 IM 40-44	2:02.78
Bill Jones	200 IM 70-74	3:01.73
Andrew Pulsifer	400 IM 40-44	4:21.87
Bill Jones	400 IM 70-74	7:01.14
Andrew Pulsifer	200 Back 40-44	2:00.46
Pam Torrey	100 Fly 45-49	1:06.02
Bill Jones	200 Fly 70-74	3:25.91
200 Medley Relay	35 +	1:41.82
A. Pulsifer, L. Lindenau, H. Carter, M. Schmidt		

President's Letter

Dear Fellow Swimmers,

On March 25 at Harvard University our club took first place at the New England Masters SCY Championships, one of the largest Masters swim meets ever held in the Nation. It was a dream come true for me and the 55 members of our club who gave their best efforts to make this first place finish a reality.

I was truly inspired by our team, with everyone contributing to our defeating two strong New York City teams. Our team spirit

really showed in the relays, with many members telling me how much fun they had being on a relay team for the first time.

Setting 9 New England records showed how strong our team is in individual events. Such achievements were outstanding, with Bill Jones being our highest scorer.

As president of Maine Masters Swim Club I am indeed proud of our accomplishments at these NE Championships.

Sincerely,

Frank Giustra

MESC NEWS

Blue Lobster Mascot

At their January meeting the MESC Board of Directors approved a new MESC mascot:

The Blue Lobster. The new mascot idea was the brainchild of Zach Gray, who wants to make our club more fun and marketable. On his own initiative



our Top-10 Recorder Dieter Weber drew up a proposed blue lobster logo (*see illustration*). It turned out to be a big hit! Zach and Son Nguyen had Dieter's logo printed on white caps for the March SCY Championships at Harvard. The Blue Lobster caps were so popular that swimmers from other teams (in Rhode Island, Vermont, and Connecticut) purchased the MESC caps and raced in them. You know your own team is successful when your rivals want to compete in *your* team uniform!



(far left) Dieter Weber, MESC board member, Top-10 recorder, and "Blue Lobster" logo artist.

(near left) Claire Russo models the super-popular Blue Lobster swim cap at the recent SCY championships at Harvard.

Lifetime MESC Top-10 All-Stars

Did you know that MESC maintains a ranked listing of the top ten swimmers for each event in each age group in each pool course? The MESC "Top-10" lists honor our fastest swimmers, but they also honor those swimmers who have the guts to swim multiple events and then stick to it for many years. The following MESC "Top-10 All-Stars" have had the most combined Top-10 listings. Most of them have been participating in Maine Masters Swimming for ten years or more, and most of them are willing to swim any event in the meet. CONGRATULATIONS!

NAME	SCY	SCM	LCM	(TOTAL)
Pete Giustra	44	24	24	(92)
David Vail	51	31	4	(86)
Cornelia Johnson	30	25	17	(72)
Elizabeth Packard	30	21	11	(62)
Bill Jones	36	22	4	(62)
Ben Morse	37	8	14	(59)
Peter Fredericks	31	19	5	(55)
Fred Pierce	29	22	0	(51)
Frank Giustra	22	15	13	(50)
Bill Rupert	19	19	11	(49)



Peter Fredericks Pete Giustra



Cornelia Johnson



Betsy Packard



At Freeport (clockwise, from above) Lecrone Family, Jill Snyder, Pam Torrey & Barbara Murphy, Riverton Gang, Lee & Kim Lindenau, Melissa Burch & Bill Jones.



At Orono (clockwise) Women's relay; Mary Estabrook & Brooke Jansen; Relay; Men's start; Son Nguyen; Allison Dorko; Son & Amy Klodzinski



The Bottom Line

by Sandy Potholm

"We all joined Maine Masters for various reasons: What are yours?"



(left) Hans D. Wendel, Dover-Foxcroft

I joined Maine Masters after moving to Maine. Frank Giustra, president at that time, dropped off some Masters brochures at the Dover-Foxcroft Y. I always swam as part of the triathlons I did, but never in a pool. You can not hide in pool competition unlike triathlons or running races. You are standing on the blocks, almost naked, everybody watching you. Well, I was very nervous at first, but now I got more used to it (I still get a little nervous). I especially enjoy the camaraderie and the after-the-meet pizza and beer.

Most of you know that I was a ConnMaster for many years (20+). That was where I got my start. I was very active with that team and held all the positions at one time or another. As I swam more and more in Maine it became confusing particularly when my times were sent in for Top Ten consideration. I got to know more Maine Masters, and I enjoyed that association. It was time to simplify my membership. I'm now happy to be a member of MESOC! To be honest, in recent years there have been more meets in Maine than in Connecticut. As most of you know, meets are my meats (pun) and potatoes when it comes to swimming. Let's go

(right) Ronnie Kamphausen, Bath Y



Kerry Kertes, Cape Elizabeth

I am back coaching Masters Swimming at my local pool. I started two years ago. We have roughly 40 swimmers in the program, and swim on MWF at 5:45 am. We have not attended any meets as a group yet, but plan to start next fall.

I retired from high school coaching last year after 13 years at Cape. My youngest is a senior and my two boys are in college.

My reasons for joining? I have been a swimmer my entire life. I enjoy working out, and - more recently - I like coaching and challenging others to better themselves.



(left) Douglas Roth, Union

I joined Japan Masters back in 1989 so I could swim in Japan's national Masters LCM Championships. In 1989 that meet had more than 6,000 entrants. When I moved back to the U.S. I switched over to USMS. I have many reasons for wanting to belong to USMS, but the *main* reason is that it allows me to compete in sanctioned meets like the Zone Championships. More recently I've also come to appreciate the insurance that USMS provides for open water swimming.

Ellsworth Black Fly Masters Swim Meet

May 19th, 2007 – Down East Family YMCA, 238 State St, Ellsworth, Maine
Sanctioned by NE-LMSC for USMS, Inc. Sanction Number 038-011-SSCY

Saturday 5/19, 11:30 AM Warm up / 12:30 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		500 Yard Free		2
3		50 Yard Back		4
5		100 Yard Breast		6
7		200 Yard Free		8
9		200 Yard Butterfly		10
11		100 Yard Back		12
13		50 Yard Breast		14
15		50 Yard Free		16
17		200 Yard Individual Medley		18
19		50 Yard Fly		20
21		200 Yard Back		22
23		200 Yard Breast		24
25		100 Yard Free		26
27		100 Yard Butterfly		28
29		100 Yard Individual Medley		30
31	Deck Seed	Ellsworth Relays	Deck Seed	32

Ellsworth Relays: This relay is a social event. Everyone may participate. Team assignments are made by the meet director and everyone wins.

Participant Information

Name _____
 Address _____
 E-Mail _____
 Home Phone _____ USMS# _____
 Age _____ DOB _____ Gender **M** **F**
 Emergency Contact (name/phone) _____
 New England Masters (NEM) Maine Masters (MESOC)
 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: 238 State Street, Ellsworth, Maine – call (207) 667-3086 for directions.

Facility: Six lane 25 yard pool with electronic. One lane reserved for warm-up/cool-down.

Awards: Time cards with individual results will be available upon request.

Meet Director: Matt Montgomery

Contacts: Scott Redmon (207) 288-0212 or <sredmon at hughes.net>

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

Make checks payable to **Down East Family YMCA**.

Send Entries To: Down East Family YMCA, PO Box 25, Ellsworth, ME 04605
 (entries must be postmarked by May 15th; USMS membership applications will be accepted along with 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 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 _____

2007 New England LMSC Long Course Meters Championship June 22-24, 2007, Middlebury College, Middlebury VT

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 038-007-SLCM

Enter a maximum of FIVE individual events per day, plus relays. Please enter LONG COURSE METERS seed times.				
Please print seed times clearly. Use a colon between minutes and seconds. A seed time must be provided for each event entered.				
Event #	Seed Time Women	Event	Seed Time Men	Event #
Friday June 22, 6:00 p.m. warm up, 7:00 p.m. start				
1		1500 Meter Freestyle		2
Saturday June 23, 9:00 a.m. warm up, 10:00 a.m. start				
3		400 Meter Individual Medley		4
5		200 Meter Breaststroke		6
7		100 Meter Freestyle		8
9		50 Meter Backstroke		10
11,13	Deck Entry	400 Meter Medley Relay	Deck Entry	12,13
15		200 Meter Butterfly		16
17		100 Meter Backstroke		18
19		50 Meter Breaststroke		20
21		400 Meter Freestyle		22
Sunday June 24, 9:00 a.m. warm up, 10:00 a.m. start				
23		200 Meter Freestyle		24
25		100 Meter Breaststroke		26
27		50 Meter Butterfly		28
29		200 Meter Individual Medley		30
31,33	Deck Entry	400 Meter Freestyle Relay	Deck Entry	32,33
35		200 Meter Backstroke		36
37		50 Meter Freestyle		38
39		100 Meter Butterfly		40
41		800 Meter Freestyle		42

PLEASE PROVIDE ALL OF THE FOLLOWING INFORMATION AND SIGN AT THE BOTTOM. INCOMPLETE AND/OR INCORRECT ENTRY FORMS WILL NOT BE CONSIDERED AS OFFICIAL ENTRIES UNTIL ALL DISCREPANCIES HAVE BEEN RECTIFIED. PLEASE CHECK THE MEET WEBSITE FOR THE LISTING OF PROBLEM ENTRIES.

Name: _____ Gender: Male Female
 Address: _____
 Phone: _____ Email: _____
 Age on 12/31/07: _____ DOB: _____ 2007 USMS #: _____
 New England Masters: Workout Group: _____
 If you are a member of New England Masters, but are not sure of the name of your workout group, go to the meet website to find the official name and/or abbreviation.
 Great Bay Masters Maine Masters Vermont Masters
 Other: Club Name _____ LMSC: _____
If you are not a member of the New England LMSC you must attach a copy of your 2007 USMS card.

SATURDAY NIGHT SOCIAL: Please add \$20.00 per person to your entry fee if you would like to attend the BBQ social to be held from 6-10 pm on Saturday June 23.

Meet entry fee	= \$20.00
# of individual events: _____ x \$5.00	= \$ _____
Saturday Social: _____ x \$20.00	= \$ _____
Total (payable to Middlebury Muftintops)	= \$ _____

Mail to:
NELMSC LCM Championship
PO Box 953
Middlebury, VT 05753

ENTRY DEADLINE:
Entries must be postmarked by Wednesday June 6, or received by Saturday June 9.

LATE ENTRIES: If you miss the entry deadline, you may submit an entry form with an additional \$15 penalty. Late entries must be received by 6:00 p.m. on Saturday June 16.

MEET ENTRY CAP: If, in the judgment of the meet directors, the event timeline approaches the limitations of pool availability, no further entries will be accepted. *Please enter early!*

MEET WEBSITE: <http://www.middleburymuftintops.org/lcmchamps>

RELEASE: 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 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: _____ DATE: _____



Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
May 19	* Ellsworth Meet	Downtown YMCA	Scott Redmond (207) 288-0212
Jun 23-24	* LCM Championships	Middlebury, VT	Muffintop (Vermont) Masters
Jul 14	USMS 10K Open Water	Huntington, NY	Bea Hartigan (631) 271-3349
Jul 14	Peaks to Portland Race	Portland, ME	Portland / Casco Bay YMCA
Jul ?	Jenny Thompson Meet	Portsmouth, NH	Great Bay Masters website
Aug ?	Echo Lake 1.5mile race	Mt. Desert Island	Matt Montgomery, Ellsworth YMCA
Aug 25	Breakwater Race	Rockland, Maine	Carrie Carney (207) 594-0424
Sep	Masters Stroke Clinic	PenBay YMCA	Hodding Carter (207) 236-3375

* *entry forms included in this newsletter.*



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

*Newsletter Editor
Douglas M. Roth
P.O. Box 702
Union, ME 04862*