

JULY 2007

Maine Masters

S W I M C L U B

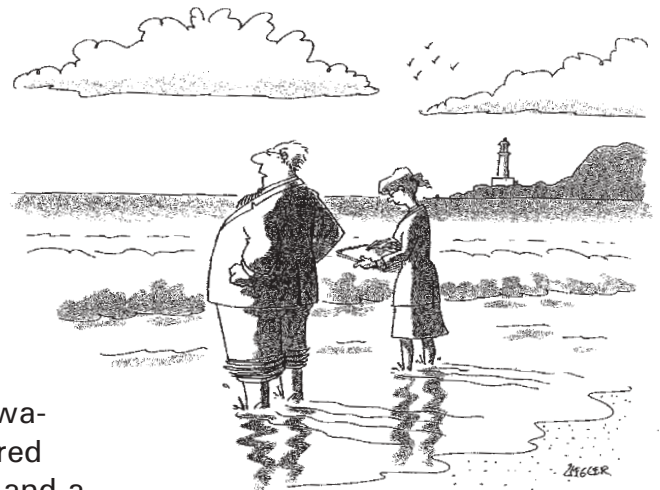
N E W S L E T T E R

Open Water Season is Here!

Despite a cold spring and early summer, our Maine lakes and oceans have now warmed up enough for MESC swimmers to take the plunge and dive into Open Water Swimming!

There are many opportunities throughout the state to enjoy training and racing in the great outdoors.

Swimmers at Riverton, PenBay, and other facilities have organized weekly training swims at sites such as Hobbs Pond, Echo Lake, and Old Orchard Beach. Of special note is the weekly practice every Friday night at 6:00pm at the Rockland Breakwater. The Breakwater practice is open only to registered masters swimmers. The training swim is a mile out and a mile back in water that is roughly 60 degrees F. The Breakwater training culminates with the Breakwater Race



"Make a note, Ellen—one Speedo, size 54."

on August 25th (*see entry form*). Anyone wishing for more information about open water training or the Rockland Breakwater events should contact Doug Roth at (207) 273-2907.



(above) Thank you to Kim and Lee Lindenau for hosting the MESC Family Barbecue in May. A fun time was had by all.

MESC Board Members

President	Frank X. Giustra, Jr.	832-6860
Vice President (<i>int.</i>)	Zachary Gray	561-0644
Secretary	Robert Johnston	923-3050
Registrar/Treasurer	Son Nguyen	615-1299
Dir. of Meets (<i>acting</i>)	Frank X. Giustra, Jr.	832-6860
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



MESC News

Maine Wins NE Long Course Championships!



In June eleven swimmers from Maine Masters travelled to Middlebury, Vermont, to swim in the New England LCM Championships. Even with such a small team, MESC was the top-scoring USMS Club at the entire meet!

Various New England records were set by Maine swimmers, including 4 by Mike Schmidt and 2 by Bill Jones. Maine's free relay team of Bill Rupert, Kristi Panayotoff, Beth Friers, and Bill Jones also set a new record. Maine's high-point scorer was Bill Jones, with 72 points.

John White Ranks First in USA



United States Masters Swimming recently announced the National 2006 SCM Top-ten rankings, and MESC's John White ranked #1 in the 50m backstroke and 200m backstroke in the men's 90-94 age group. He also ranked 2nd

in the 100m back. Wow! It isn't every day

that a Maine Masters swimmer ranks first in the nation! Congratulations John!

Hodding Carter Announces Masters Stroke Clinic on 9/15

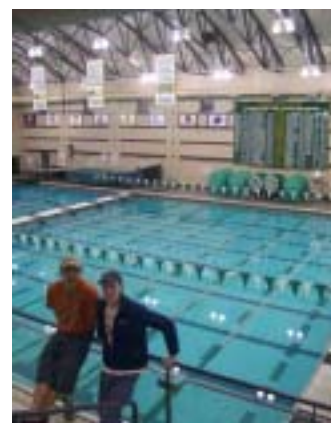
Hodding Carter has announced that he will be holding a Stroke Clinic for Masters Swimmers at the PenBay YMCA on Sept. 22. The clinic will be coached by Hodding and Mike Ross, a nationally-ranked swimmer and one of the top Masters athletes in the New England area.

The Stroke Clinic will include videotaping of each participant, both from above and below the water. Each participant will receive a DVD of his or her strokes, together with recorded stroke analysis from coaches Carter and Ross.

EVENT: Masters Stroke Clinic
OPEN TO: All USMS Registered swimmers
DATE: September 15
TIME: 10am ~ 3pm (bring a lunch)
LOCATION: PenBay YMCA, Rockport, ME
COST: \$65 per person

From the President...

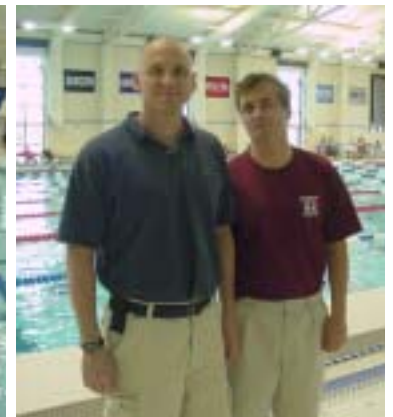
With this issue of our newsletter Maine Masters Swim Club starts afresh with a slightly shuffled Board of Directors and a newly-scheduled swim meet program which will include sanctioned meets only. We hope the changes will enable the club to serve you better than before.



(above) Images from the 2007 SCY Zone Championships, held in April at George Mason Univ.



Vermont LCM Champs (clockwise) Kathy Merrill & Carrie Carney; Relay action; Mike Schmidt & Doug Pride; Andrew Pulsifer; Jones-Panayotoff-Fries-Rupert Relay.



To request USMS authorization for a sanctioned meet please contact me at giustra@peoplepc.com since I will be serving as your Director of Meets until our next election in November 2008. Zach Gray has stepped down as Treasurer to serve as our Vice-President in the hopes that he can take over the Director of Meets position in 2008. We will work very closely to insure a smooth transition.

Son Nguyen, our Registrar, will now also take on the responsibilities of Treasurer, enabling him to process our membership applications more efficiently. On behalf of the MESC Board of Directors we would like your support in these endeavors as we try to serve you in the best way possible.

- Frank X. Giustra, Jr.

Some Changes in Meet Policy

Effective July 1, 2007, to request USMS authorization for a swim meet please contact Frank Giustra at: giustra@peoplepc.com for sanctioned meets or Yvonne Guitierrez at msguts@verizon.net for a non-sanctioned meet. Please note that Maine Masters Swim Club now sponsors only *sanctioned* meets, whereas sponsorship for non-sanctioned meets will be by the local organization (pool) requesting the meet.

The application form for requesting a sanctioned MESC meet is available through Frank, and it will also be posted on our website in the future. If additional information is needed please call Frank at (207) 832-6860.

**Great Bay Masters Meet, Jenny Thompson Pool, Dover NH: 50 meter pool
 July 22, 2007; check-in from 7:30 to 8:30 a.m.; warm-up from 8:00 a.m. to 9:00 a.m.**

Sanctioned by NE-IMSC for USMS, Inc.: Sanction Number 038-014-SLCM

Name _____ Age on 12/31/07 _____ Birth Date: _____

Address _____ Phone: _____

Emergency Contact Phone: _____

Gender _____ USMS registration number _____ USMS club _____

(If your club is NOT New England, Maine, Great Bay or Vermont, a copy of your USMS card must be submitted)

Event #	Seed time (meters)	Description
1		Mixed 200 IM
2		Mixed 100 free
3		Mixed 200 fly
4		Mixed 100 breast
5		Mixed 200 free
6		Mixed 100 back
7		Mixed 200 breast
8		Mixed 100 fly
9		Mixed 200 back
10		Mixed 50 free
11		Mixed 50 back
12		Mixed 50 fly
13		Mixed 50 breast
14, 15, 16		400 Free Relay
17, 18, 19		400 Medley Relay
20		400 free*
21		400 IM*

MEET ENTRY FEES		
# Individual events entered	US Mail entry recvd by 7/20/07	Deck Entry
1	\$8	\$11
2	\$11	\$14
3	\$14	\$17
4	\$17	\$20
5	\$20	\$23

Enter five individual events maximum. No charge for relays but swimmers must be entered in an individual event to participate on relays.

Checks payable to Great Bay Masters.

Mail entry forms to:

Summer Challenge
 PO Box 1723
 Dover NH 03821

* Events 20 and 21 will be conducted if time permits. Swimmers may not enter both the 400 free and 400 IM. Heats of the 400 free and 400 IM may be combined. No fee refunds if the 400 free and 400 IM are canceled due to time limitations.

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, 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.

Date _____ Signature _____

<p>THIS BOX COMPLETED BY MEET MANAGEMENT: Waiver signature [] USMS number confirmed [] USMS number pending, ok to enter []</p>

The Bottom Line

by Sandy Potholm

“What is your swimming background?”



(left) David Vail, Brunswick

I started in HS and made the Ohio state finals my senior year. I swam for 3 years at Princeton, then played water polo in grad school at Yale. After 25 years of running, cycling, and hiking, some injuries brought me back to the pool at age 49. I've had success at the New England Masters Championships, with at least one first place in each meet I've entered. A Masters highlight for me was the 1999 Swedish nationals where I was on a medley relay that briefly held the world record.

(right) Hodding Carter, Camden

I crawled into a pool when I was 11 months old and the babysitter was distracted. They pulled me out, but apparently I liked it: a few minutes later I was back in the pool again. I started racing when I was 5. At age 10 I placed 2nd in the 50 fly at the Southern AAU Championships. I continued swimming in high school and at Kenyon College. We were Div. III National Champions (and still are!) all four years I was there, and I was runner up in the 200 free my senior year. After an ill-advised attempt to qualify for the Olympic Trials and a stint in the Peace Corps, I didn't return to competitive swimming for 17 years. In 2004 I joined Maine Masters Swimming, and I've been enjoying it since.



(left) Douglas Roth, Union

I grew up swimming and was captain of my high school team. I was recruited to swim at the Naval Academy, but the Annapolis coach decided to hold double workouts every day. Plebe year is tough enough without that kind of energy drain, so I joined the varsity sailing team instead. We won the NCAA Yacht Racing Championship every year, and it turned out to be a very rewarding experience. Later in life I got involved with some masters groups in the Philippines and Hong Kong. I joined Japan Masters in the late 1980's and competed there for more than a decade before moving back to the United States and joining Maine Masters.



(left) Nancy O'Brien MacKinnon, New Harbor

I started swimming competitively in Seekonk, Mass., when I was 11 years old. Then I swam for my high school team for few years. Unfortunately, at that time (1969) there were not many girls teams to compete with. So there were many practice workouts and not many swim meets.

I continued to swim laps for fitness until 2001 when I joined the New England Masters team at the North Suburban YMCA. When my husband and I retired to Maine in 2004, I joined Maine Masters. I now swim at the Wiscasset Community Pool, where I am involved in coaching the age group team (The Unsinkable's) and teaching swimming.

Second Annual ROCKLAND BREAKWATER SWIM

Official Entry Form



SATURDAY, AUGUST 25, 2007
 ROCKLAND, MAINE
 Sanctioned for USMS, Inc. by New England LMSC, sanction # 038-010-SOWS

Individual Entry Information

Name _____ USMS Registration # _____
 Address _____ DOB ____ / ____ / ____ Age (race day) _____
 City _____ State _____ Zip _____ Gender (circle) M F
 Phone (____) _____ E-mail: _____

Must check one or the other:

Wetsuit category

Non-wetsuit category

Must check one or the other:

1.6 mile swim

3.2 mile swim

T-SHIRT SIZE S M L XL XXL

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 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 NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water swimming and agree to assume those risks.

Signature _____ Date _____

Entry Fees and Deadlines

Early bird entry - received by 7/31/07 (\$50.00) \$ _____

(OR)

ENTRY FEE received 8/01~8/22/07 (\$75) \$ _____

TOTAL ENCLOSED \$ _____

ATTACH A COPY OF YOUR
 2007 USMS REGISTRATION
 CARD HERE.

Make check payable to Pen-Bay Masters and mail with this entry/release form and a copy of your 2007 USMS card

Rockland Breakwater Swim
 P.O. Box 965
 Camden, ME 04843

Info: contact Doug Roth (207) 273-2907
 Info: contact Carrie Carney (207) 594-0424

HOST

Pen-Bay Masters

DATE

Saturday, August 25, 2007

LOCATION

Rockland Breakwater at Jameson Point in Rockland Harbor, Rockland, Maine. This is a location where your family and friends can travel along with you as you swim and watch the entire event by walking along the Breakwater. Bring your friends!

COURSE

The course is L-shaped and follows the Rockland Breakwater. 1.6 mile swim is one loop; 3.2 mile swim is two loops. Water temperatures could range anywhere from 65 degrees down to 55 degrees. All swimmers must wear the colored caps provided by race organizers. If less than 5 swimmers sign up for the 3.2 mile swim, the 3.2 swim will be cancelled and those swimmers will compete in the 1.6 mile swim.

RACE TIME

Check-in:.....9:00am
Pre-race briefing:.....9:30am
Race begins:.....10:00am

All swimmers must attend the prerace briefing.

ELIGIBILITY

The race is open to all swimmers currently registered with USMS. A copy of your 2007 USMS registration card **MUST** be included with the entry form. Foreign swimmers must present a letter of introduction from their national Masters organization.

REGISTRATION AND ENTRY DEADLINE

Entries must be received by the meet director by Wednesday, August 22, 2007. See below for entry fees. Send entries and fees to

Rockland Breakwater Swim
P.O. Box 965
Camden, ME 04843

ENTRY FEES

Early bird entry (received by July 31).....\$50.00
Regular entry (Received Aug 01-Aug 22).....\$75.00

Absolutely **NO** entries will be accepted if received after August 22, 2006.

RULES

2007 USMS Rules and Regulations will govern this event.

PRE-RACE BRIEFING

There will be a pre-race briefing at 9:30am at the race location. All swimmers must attend the pre-race briefing.

ESCORT CRAFT

Most of the course runs along the Breakwater, which makes it "spectator event" that is unique from almost any other open-water swim. Course safety monitors will be located on the Breakwater and in kayaks in the water. Although probably not necessary, personal escorts in kayaks are allowed. All personal escorts must stay clear of other swimmers. Any swimmer wanting a personal escort must provide their own human-powered boat and escort.

AWARDS

Awards will be presented to the overall top male and female finishers in the 1.6 mile and 3.2 mile race, wetsuit and non-wetsuit categories. Token awards will also be presented to the man and woman in each age group for each race and each wetsuit and non-wetsuit category.

T-SHIRTS

T-shirts will be given on race day to each swimmer.

PARKING

Parking is available at the race site.

DIRECTIONS

From the South, take Route 1 into Rockland. Go left on Main Street (Route 1 North). Go 1.3 miles to a stop light. Wendy's Restaurant will be to the left and an auto parts store on the right. Go right at the light onto Waldo Avenue. Go .5 miles and turn right onto Samoset Road. Go .6 miles to the parking area.

From the North, take Route 1 South. At the Rockland city line go .5 miles. Wendy's Restaurant will be on the right side. Go at the light onto Waldo Avenue. Go .5 miles and turn right onto Samoset Road. Go .6 miles to the parking area.

LODGING

Information on lodging is available at the Rockland-Thomaston Area Chamber of Commerce website, www.therealmaine.com/accomodations.html or the Camden-Rockport -Lincolnville Chamber of Commerce website www.camdenme.org.

INFORMATION

Contact Doug Roth at (207) 273-2907 or Carrie Carney at (207) 594-0424 with any questions or requests for additional information.



Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
Jul 22	* Jenny Thompson Meet	Portsmouth, NH	Great Bay Masters website
Aug 5	Hobbs Pond Swim	Hope	Bill Jones (207) 763-3576
Aug 11	Echo Lake 1.5mile race	Mt. Desert Island	Matt Montgomery, Ellsworth YMCA
Aug 25	* Breakwater Race	Rockland, Maine	Carrie Carney (207) 594-0424
Sep 15	Masters Stroke Clinic	PenBay YMCA	Hodding Carter (207) 236-3375
??	Riverton Meet	Riverton	Riverton Community Center

* entry forms included in this newsletter.



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

*Newsletter Editor
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Union, ME 04862*