

Maine Masters

S W I M C L U B

N E W S L E T T E R

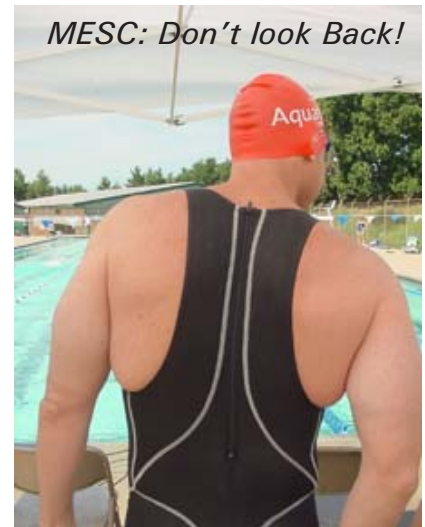
Meet Line-up Announced.

MESC primed for exciting Season!

Brad Burnham, the head swimming coach at Bowdoin College, has done MESC a *huge* favor by moving the George Erswell meet from late October to November 3rd. Why is this move such a big deal? Because now we can use the Bowdoin meet - the flagship meet of our fall schedule - to help jump-start our membership ranks. Swimmers new to Masters will be able to join MESC at the meet in November and receive a full 14 month membership (thru the end of 2008). This wasn't possible with the Oct. date, and few new swimmers were willing to pay a

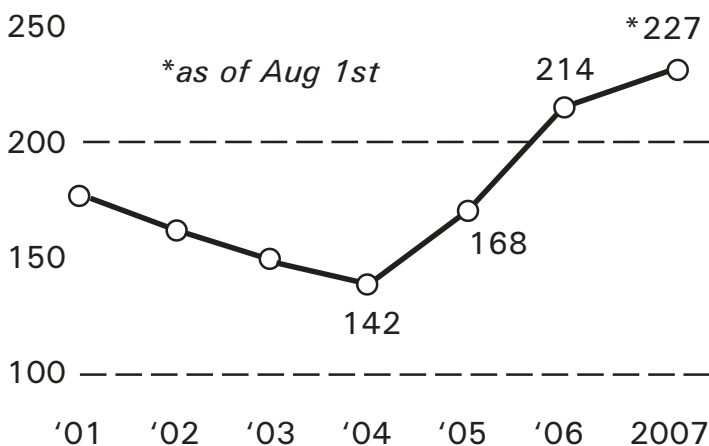
year's dues for just one meet... Thanks Brad!

As you can see by the chart below, MESC is as healthy as ever, with growing membership ranks and team trophies at all of the recent New England championship meets. Your Board of Directors has been working hard to develop the complete annual event calendar that appears in this newsletter. You might notice some *new* events such as the Cape Elizabeth meet and the exciting new Maine Masters STATE CHAMPIONSHIPS that will be held in Augusta in March.



For the 3rd Year in a Row...

MESC Membership on the Rise!



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



The Passing of a Dear Friend and Outstanding Breaststroker

by Frank X. Giustra, Jr.

I met Peter Fredericks all the way back in the early 90's when he first became a member of Maine Masters Swim Club. In over 15 years as a Masters swimmer, Peter compiled 55 Top-Ten times for the State of Maine; 13 of which are individual state records. Three more are state relay records, one of which was ranked #1 nationally for the year 2001. While competing in the 60-64 age group he established all of the Maine records for the 50, 100, and 200 breaststroke in both short course yards and long course meters. In SCM events he compiled 6 breaststroke state records. He was indeed an outstanding breaststroker with the ability to compete in freestyle, butterfly, and backstroke as well as breaststroke.

Peter lost his tough battle with cancer on July 25, 2007. His wife Barbara was at his side at their home in Wilton, Maine, when he passed on. At his last competition he wore a



Peter Fredericks
1940-2007

patch over his right eye due to the surgery to remove the growth behind it.

My fond memories of Peter are his legacy. His 2001 record-breaking relay team in the 400 yard medley for the 55+ age group will always stand as number one nationally for that year. The team consisted of Bill Rupert, David Vail, Fred Pierce, and of course Peter Fredericks. The time of 4:42.91 was the time to beat in 2001.

At his last New England SCY Championship in 2002 he wore for the first time a complete body suit. I can remember as if it were yesterday asking him on the deck of the Harvard pool if he felt the suit was helping his swimming. His reply was, "These are the fastest times I've ever had, so it must be the suit."

Peter will be missed by Maine Masters. His presence at meets was always uplifting with his positive attitude and great personality. My life has been enriched knowing Peter Fredericks. Let his record as a swimmer stand as his testimony to us all that he indeed was an outstanding athlete and fine individual.

Lynne Cox Comes to Maine

At 6pm on Friday, September 14th, famous long-distance swimmer and author (*Swimming to Antarctica*) Lynne Cox will be giving a lecture at the Troy Howard Middle School in Belfast.

The event is a fund-raiser for the Waldo County YMCA. The theme of Ms. Cox's talk will be the individual and the capacity we have to dream, plan, hope, and and build upon what we have achieved, no matter how big or small. Her talk will be followed by a dinner reception and book signing. It sounds like a great start to a swim-packed weekend. (Come to Hodding Carter's stroke clinic the next day!)



DATE: Friday, Sept. 14th, 6:00pm
PRICE: \$25 per person for lecture. \$100/per person includes lecture, dinner reception, and book.
TICKETS: are available from www.villagesoup.com, local Belfast Bookstores, and the Waldo Co. YMCA.

PenBay Stroke Clinic - Here's Your Chance to Improve!

Have you ever wanted to see yourself swim, know exactly what you're doing right and wrong? Here's your chance. Come get filmed (take home a DVD) and learn from some of the world's fastest Masters swimmers, including world record holders Mike Ross and Greg Shaw. Think of it as a one-day swim camp: activities will include stroke-work, filming, sprint training, race preparation talks, and a short dryland session. Remember, the only way to get faster as you get older is to improve your technique and increase strength. Here's your chance to learn how to do both.



A post-clinic sail on the Heron (left) will be offered (for an additional fee). The Heron, an award-winning wooden schooner based in Rockport Har-

bor, will take the first 50 swimmers to sign up on a sunset cruise across Penobscot Bay, gourmet treats included.

All levels welcome; ages 18 and up.

- EVENT: PenBay Masters Stroke Clinic
 DATE: Saturday, September 15th
 TIME: 10am-3pm
 COACHES: Mike Ross, Greg Shaw, and Hodding Carter.
 PRICE: \$50 PenBay YMCA Members, \$65 Non-members



(top to bottom)
 Mike Ross
 Greg Shaw
 Hodding Carter

MESC Faces at the Jenny Thompson Meet
 (clockwise, from right) Bill Jones and Pete Giustra; Connie Hallet and her #1 fan; Mike Ross, Beth Fries, and Mike Schmidt at the post-meet picnic; Colleen LePage and Bridget Convey.



MESC Annual Meeting

The Annual Meeting of our club will be held at 5pm on Friday, November 16th, at the Kennebec Valley YMCA in Augusta. The event will include a short administrative agenda followed by a presentation by Dieter Weber about incorporating "Total Immersion" swimming drills into your workouts. Colleen LePage will talk about the State Championship event we are planning for March. Following the talks will be a pot-luck supper. Please write the Nov. 16th date on your calendar: Come have some fun!



Annual Meeting Agenda:

- 1) Approval of Annual Budget
- 2) Confirmation of Interim Board Appointments
- 3) Approval of Revised By-Laws (*see below*)
- 4) Total Immersion talk
- 5) State Championships
- 6) Pot-Luck supper

(left) Augusta's new pool at the Kennebec Valley YMCA, site of the Maine Masters State Swimming Championships scheduled for next March.

By-Law Revisions

The MESC Board of Directors recommends that the following by-law revisions be adopted by our club. The entire membership will be able to vote on this proposal at the Annual Meeting in November.

1. OBJECTIVES: *no changes*

2. NAMES & SCOPE: The name of this club shall be the Maine Masters Swim Club (MESC). It shall operate as a member of the New England Local Masters Swim Committee (NE-LMSC) and USMS and shall sponsor only meets sanctioned by USMS.

3. MEMBERSHIP: *no changes*

4. MANAGEMENT: The elected Board of Directors shall consist of a President, Vice President, Secretary, Registrar/Treasurer, Recorder, Webmaster/Historian, Newsletter Editor, Director of Meets, and a Member-at-Large. The Executive Committee shall consist of MESC Board members, one appointed representative from each Local Area Pool Group, the appointed Safety Coordinator, Public Relations Coordinator, and Delegate to the NE-LMSC. The president shall appoint the Working Committees and shall notify the Executive Commit-

tee of all appointments. There will be an annual meeting in the Fall of each year where the membership shall review and adopt the annual budget and to confirm any interim appointments made by the Executive Committee. Biannually at the annual meeting, members of the Board of Directors shall be elected by the membership for a term of two years or until a successor is chosen. Only registered members shall be eligible to vote or hold office. The Executive Committee shall act for MESC and its members and shall have the following powers and duties: *(a) through (e) remain the same*

5. DUTIES: The **President** shall be responsible for the day-to-day management of the business affairs of MESC; shall call and preside at meetings; and shall appoint working committees as necessary, all with the advice and consent of the Executive Committee.

The **Vice President** shall have the powers of the President in the President's absence and specialize in promoting and coordinating the affairs of Local Area Pool Groups through their representatives.

The remaining job descriptions have not changed. Also 6. through 9. have no changes.

8TH ANNUAL GEORGE ERSWELL MEET

Nov. 3rd, 2007 –Bowdoin College Greason Pool, Brunswick, Maine
Sanctioned by NE-LMSC for USMS, Inc. Sanction Number 038-016-SSCY

Saturday 11/03, 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 plus relays). Seeding will be from slow to fast regardless of age. Entries with no seed times will be placed in the slowest heat. Heat sheets will be posted 15 minutes prior to the start of the meet. Separate results and scoring for men and women by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 500 Free*		1
2		Mixed 100 Breast		2
3		Mixed 200 Fly		3
4		Mixed 50 Free		4
5		Mixed 200 IM		5
6		Mixed 50 Back		6
7		Mixed 100 Free		7
8		Mixed 200 Breast		8
9		Mixed 100 Back		9
10		Mixed 50 Fly		10
11		Mixed 100 IM		11
12		Mixed 50 Breast		12
13		Mixed 200 Back		13
14		Mixed 200 Free		14
15		Mixed 100 Fly		15
16	See below	Mixed 200 Free Relay**	See below	16
17	See below	Mixed 200 Medley Relay**	See below	17

* Swimmers must provide their own counters. ** Relays will be deck seeded.

EVENT 16 Mixed 200 Free Relay: 1) _____ Age: _____
 2) _____ Age: _____
 3) _____ Age: _____
 4) _____ Age: _____

EVENT 17 Mixed 200 Medley Relay: 1) _____ Age: _____
 2) _____ Age: _____
 3) _____ Age: _____
 4) _____ Age: _____

Seed Time: _____
 Seed Time: _____

Participant Information

Name _____
 Address _____
 E-Mail _____
 Home Phone _____ USMS# _____
 Age _____ DOB _____ Gender M F
 Emergency Contact (name/phone) _____
 New England Masters (NEM) Maine Masters (MESO)
 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: Bowdoin College Pool is located at the Farley Field House (Hwy. 123 S) Harnswell Road, Brunswick, Maine.

Facility: 16-lane pool with eight lanes, adjacent lanes for warm-up and cool down and electronic timing will be used.

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

Meet Director: Brad Burnham

Contacts: Brad Burnham at bburnham@bowdoin.edu or (207) 725-3527

Fees: Entries received by 8:00 AM, Wednesday, October 31st will be pre-seeded and cost \$15 for 5 individual events plus relays. Later entries, including deck entries will be accepted at a cost of \$20 for 5 events. Make checks payable to Polar Bear Masters

Send Entries to: Brad Burnham, Bowdoin Athletics-Swimming, 9000 College Station, Brunswick, ME 04011.

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 _____

The Bottom Line

by Sandy Potholm

"How do you like to reward yourself after a meet?"



(left) Jill Snyder, Bowdoin

After giving my best effort at a swim meet, I feel a high level of personal gratification which translates into a renewed resolve to continue training and be the best that I can be. Before that, though, a chocolate milkshake is a must!

(right) Phil Kerr, Augusta

I normally take a few days off to recuperate and eat some of the items on the restricted list. Or... I fly to the British Virgin Islands and loaf for a week.



(right) Frank Giustra, PenBay

It has been a tradition for my brother Peter and I to find a local pub after a meet so that we can have a nice cold draft beer. We try to find a different pub each year which is sometimes difficult. Of course we compliment the beer with a favorite pub dish. There are no restrictions on what we have. If available we usually have oysters on the half shell as an appetizer - not that we need one.

We have the habit of ordering short beers: 8-10oz. In this way the beer stays cold longer and we can partake in a second glass. As Peter and I are aging up, it gets harder and harder to be motivated to get into shape for a meet; therefore, we set aside 8 to 12 weeks for intense workouts before a meet knowing that our reward is waiting for us at the end of the meet.



(left) Barbara Murphy, Bowdoin

Food, of course. I like to carbo load after a swim meet. If I can get my hands on some macaroni and cheese or mashed potatoes with green chile, I'm in heaven. If not, a peanut butter and jelly sandwich or two will suffice. Also, during and after a swim meet I drink lots of water.

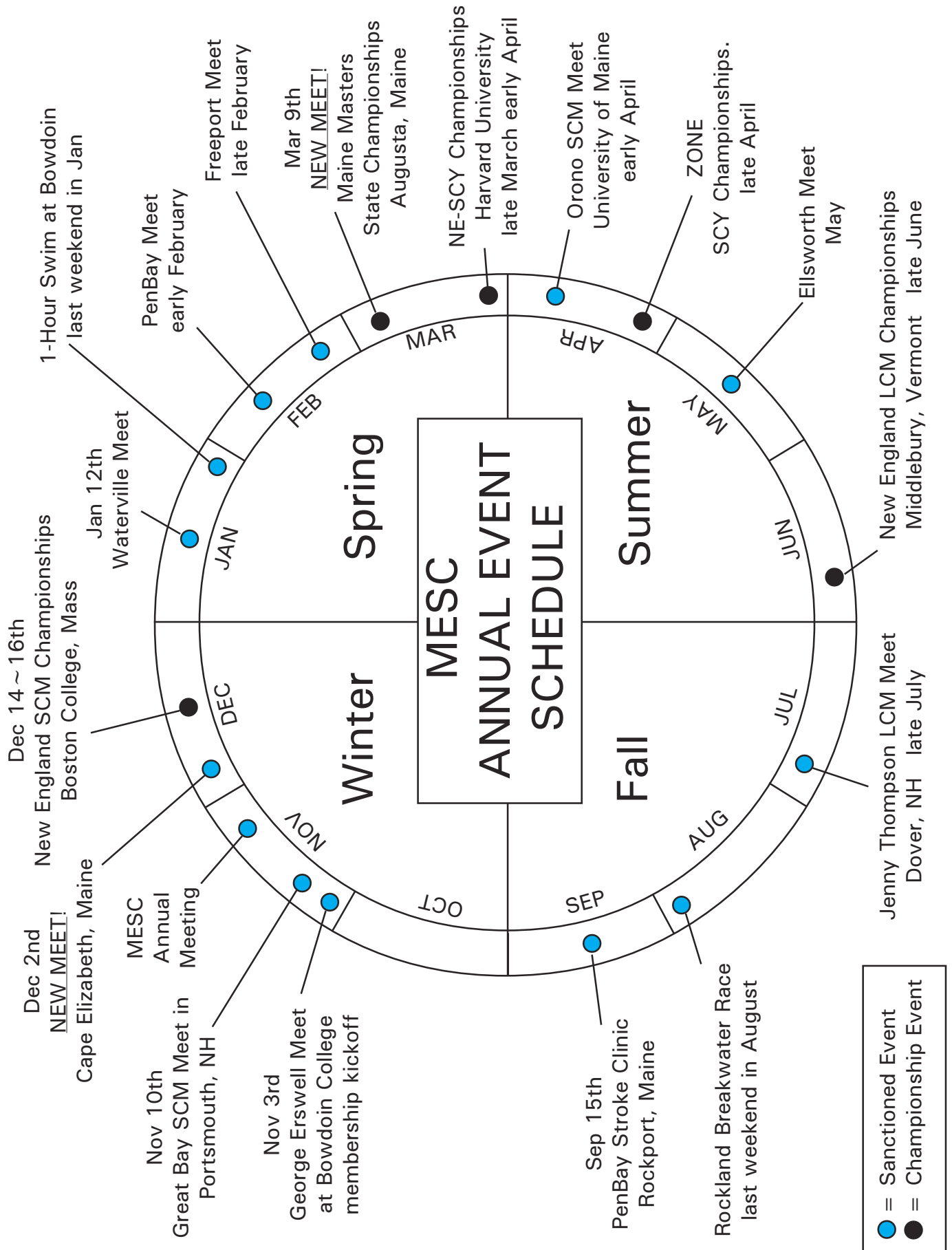
(right) Ben Morse, Freeport

Hmmm.... Good question. Beer, Ice Cream, French Fries... I usually reward myself after a swim meet no matter what the effort. I also reward myself with a good hard workout the next day, too.



Adelaide Trafton, Bowdoin

I do not reward myself. I just have fun swimming and enjoying the camaraderie of friends. That is my reward.





Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
Sep 14	Lynne Cox Lecture	Belfast	Waldo Co YMCA (207) 338-4598
Sep 15	Masters Stroke Clinic	PenBay YMCA	Hodding Carter (207) 236-3375
Nov 3	* George Erswell Meet	Bowdoin College	Brad Burnham (207) 725-3572
Nov 10	Great Bay SCM Meet	Portsmouth, NH	Great Bay Masters website
Nov 16	MESC Annual Meeting	Augusta YMCA	Doug Roth (207) 273-2907
Dec 2	Cape Elizabeth Meet	Cape Elizabeth HS	Kerry Kertes (207) 767-5677
Dec 14-16	NE-SCM Championships	Boston College	Great Bay Masters website
Jan 12	Waterville Meet	Alfond Youth Ctr.	Anne/Jeff Uecker (207) 465-4877
Jan	Bowdoin Distance Fest.	Bowdoin College	Brad Burnham (207) 725-3572

* *entry form included in this newsletter.*



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

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