

NOVEMBER 2007

# Maine Masters

S W I M C L U B

N E W S L E T T E R

## 90 Year-olds ready to "Put up their Dukes!"

John Woods reports that MESC's "senior-senior" relay team has just been transformed with the addition of Evertt Hanke, a new 91-year old swimmer! Not surprisingly, he was always there, living next to our former oldest member, Norman Seagrave (also 91) and regularly swimming at Bowdoin College. Of course, we have always had John White (91) who, in 2006, was ranked #1 nationally in the 50 and 200 backstroke. The addition of Mr. Hanke now makes John Woods the "baby" at 89. Their combined ages qualify them to swim the 400 freestyle relay in the 85-94 age group at Bowdoin's George Erswell Meet on November 3rd. This event has never been done before, *anywhere in the world.*

Warmed up by this, the relay plans to travel to Portsmouth, NH, on Nov 10th, where

(below) Kristi Panayotoff and World-famous swimmer Lynne Cox at Ms. Cox's Belfast Lecture on September 14th



the pool is measured in meters. They will compete in the 200m freestyle relay in the 360+ age group. The swim - if they can complete it - will be another World Record!

## From The President

by Frank X. Giustra, Jr.

This newsletter marks the completion of my first year of a 2-year term as MESC President. I have had two terms as President - one from 1998-2000, and the present term.

The past year has seen a 9% increase in membership and a first place at *both* the NE SCY Championships and NE LCM Championships. I have also been very busy revising our by-laws in the hopes that your Board of Directors can be of better service to you all.

It is time to start thinking about the slate of officers for 2009. I have formed a Nominating Committee to collect the names of all members interested in becoming MESC

### 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



Board Members. The members of the Committee are Douglas Roth, Scott Redmon (sredmon@hughes.net), Keving Crowley (crowlk@mmc.org), and Son Nguyen. As a member of Maine Masters, you have the right to nominate any interested member or even yourself if you so wish. Contact any member of the Committee with your nomination.

I look forward to seeing as many members as possible at our Annual Meeting on Friday, November 16th, at the KVYMCA in Augusta. Do not forget we will have a pot luck supper after the meeting.

## 239 Members - Wow!

MESC Registrar Son Nguyen reports that 2007 has been a very successful year with 239 registered members. This total represents an increase of 20 new members over last year.

Maine Masters Swimming is certainly as healthy as it has been in more than a decade, and we are within shooting distance of our all time high of 248 members (in 1996). Let's strive for 250 members in 2008!

## Cape Elizabeth Meet Cancelled

The Dec. 2nd Meet at Cape Elizabeth has been cancelled do to logistical problems. Nearly a dozen MESC members swim at the Cape Eliza-

beth pool, and MESC is eager to encourage a meet there. We'll try again next year.

## Maine Senior Games Update

The 2007 Maine Senior Games were not recognized by USMS due to poor communication on the part of the organizing authorities. MESC President Frank Giustra mailed out an alert bulletin regarding this problem, but unfortunately his letter did not reach every single MESC member involved. He apologizes for any inconvenience caused to our membership.

Robert Hale has promised that the 2008 Games will be recognized.

## Peter Fredericks

*by Barbara Fredericks, Peter's Spouse*

"Speaking for myself and the entire Fredericks Family, we sincerely thank the members of MESC for the many acts of kindness and sympathy shown to Peter during his hospice care and on the occasion of his funeral. Peter received numerous cards, phone calls, home visits, and e-mail messages. In addition, several members attended his services. The tribute to Peter on the MESC website is a wonderful acknowledgment of your respect for him. We sincerely appreciate the caring and concern shown by MESC for one of its own."

*(right) Here are some images from the Maine Masters Stroke Clinic held on September 15th.*



# Pool Rep Duties

More than 30 pools are scattered around Maine, and Masters Swimmers can be found at nearly every one of them. Each pool is different. Some are at YMCA's, some are university pools, others are community pools. Some pools have large workout groups and coached practices. Other pools have only a few Masters swimmers who train by themselves. To coordinate so many diverse facilities, MESC relies on the leadership and communication provided by our loyal Pool Representatives (*see listing, below*).

The duties of a MESC Pool Reps are varied. In general, Pool Reps help coordinate

communications between MESC and host facilities. They serve as a contact point for new members who want to join. Many Pool Reps help manage workout groups at their home pool. Some are coaches, and a few Pool Reps even organize the Masters swim meets that happen throughout the state.

We (MESC) are always looking for members interested in participating in leadership roles. One great way to get involved is to serve as a Pool Rep. If you're interested, please contact MESC President Frank Giustra. Some of our current Pool Reps are ready to pass their responsibilities on. Don't be shy!

## Current MESC Pool Rep's

Augusta (Kennebeck YMCA)	Robert Johnston	Robert.A.Johnston@Maine.gov
Bangor YWCA	Paula Beall	(207) 990-1828
Bar Harbor (MDI YMCA)	<i>vacant</i>	
Bates College	Bill Rupert	(207) 966-2721
Bath YMCA	Robert Nelson	(207) 443-9623
Biddeford (N.York YMCA)	Jozef Kurlanski	(207) 829-4725
Bowdoin College	Sandy Potholm	spotholm@verizon.net
Cape Elizabeth	Kerry Kertes	(207) 767-5677
Dover-Foxcroft YMCA	Hans D. Wendel	(207) 564-0060
Ellsworth YMCA	Scott Redmon	sredmon@acadia.net
Farmington (UMaine)	<i>vacant</i>	
Freeport (Casco Bay YMCA)	Ben Morse	(207) 240-2155
Husson College	Paul Nichols	(207) 848-3575
Lura Hoit	Sterling Dymond	(207) 942-3148
Orono (UMaine)	Andrew Thomas	thomas@maine.edu
Pen Bay YMCA (Rockport)	Carrie Carney	(207) 236-9463
Portland Downtown YMCA	Jim Harvey	(207) 653-9381
Riverton / Reiche	Manuel Sone	md.sone6@verizon.net
Sanford YMCA	<i>vacant</i>	
South Portland Community P.	Kevin Crowley	(207) 799-1451
Waterville Alfond Youth Ctr	Anne Uecker	(207) 465-4877
Wiscasset Community Center	Nancy O'Brien-MacKinnon	(207) 677-2257



# 2007 New England LMSC Short Course Meters Championship and New England Masters Workout Group Challenge December 14-16, 2007: Boston University, Boston MA

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 038-020-SSCM

<i>Print seed times clearly! Use a colon between minutes and seconds A seed time must be recorded for each event entered</i>			
Evt. No.	Entry Time <b>Women</b>	*enter <b>meters</b> seed times* <b>Event</b>	Entry Time <b>Men</b>
<b>Friday 12/14, 4:30 p.m. warm up, 5:00 p.m. start</b>			
1		800 Meter Freestyle	2
20:00 cutoff for 800 free, see information sheet			
<b>Saturday 12/15, 9:00 a.m. warm up, 10:00 a.m. start</b>			
--	<b>see below</b>	400 Meter Free: <b>MEN</b>	4
5		100 Meter Individual Medley	6
7		50 Meter Backstroke	8
9		200 Meter Breaststroke	10
11		100 Meter Butterfly	12
13,15	<b>deck entry</b>	200 Meter Medley Relay	<b>deck entry 14,15</b>
17		200 Meter Freestyle	18
19		50 Meter Butterfly	20
21		100 Meter Backstroke	22
23		400 M. Ind. Medley <b>WOMEN</b>	<b>see below</b>
25,27	<b>deck entry</b>	400 Meter Freestyle Relay	<b>deck entry 26,27</b>
<b>Sunday 12/16, 9:00 a.m. warm up, 10:00 a.m. start</b>			
29		400 Meter Free: <b>WOMEN</b>	<b>see above</b>
31		200 Meter Individual Medley	32
33		100 Meter Freestyle	34
35		50 Meter Breaststroke	36
37		200 Meter Backstroke	38
39,41	<b>deck entry</b>	200 Meter Freestyle Relay	<b>deck entry 40,41</b>
43		200 Meter Butterfly	44
45		50 Meter Freestyle	46
47		100 Meter Breaststroke	48
--	<b>see above</b>	400 M. Ind. Medley <b>MEN</b>	50
51,53	<b>deck entry</b>	400 Meter Medley Relay	<b>deck entry 52,53</b>
55,57	<b>deck entry</b>	800 Meter Freestyle Relay	<b>deck entry 56,57</b>

**Maximum of five individual events per day, plus relays: ENTER SHORT COURSE METERS SEED TIMES**

<p>Name _____ Gender: M F</p> <p>Emergency Contact Name &amp; Phone _____</p> <p>Age on 12/31/07 _____ DOB _____ Phone _____</p> <p>E-Mail _____</p> <p>Address _____</p> <p>2007 or 2008 USMS# _____</p> <p><input type="checkbox"/> New England Masters-Workout Group:</p> <p><input type="checkbox"/> Great Bay Masters <input type="checkbox"/> Maine Masters <input type="checkbox"/> Vermont Masters</p> <p>The above clubs are members of the NELMSC; swimmers must be USMS registered but do not need to attach USMS card copy.</p> <p><input type="checkbox"/> Other Club name: _____ LMSC _____</p> <p>Members of clubs outside the New England LMSC must attach a copy of your USMS card.</p> <p><b>ALL INFORMATION ON THIS FORM IS MANDATORY FOR AN OFFICIAL ENTRY.</b></p> <p><b>SWIMMERS WITH INCOMPLETE OR INCORRECT FORMS WILL BE PLACED ON THE MEET WEB PAGE PROBLEMS LIST AND ASSESSED A \$5 PROCESSING FEE.</b></p> <p><b>COMMON PROBLEMS: MISSED SIGNATURE; UNDERPAYMENT; USMS NUMBER PENDING; NON-NELMSC SWIMMERS WITHOUT A USMS CARD COPY.</b></p> <p>All problems must be resolved, and fees received, by 12/11, or entry will be rejected.</p>	<p><b>Meet web site:</b> <a href="http://www.greatbaymasters.org/07scmchamp.php">http://www.greatbaymasters.org/07scmchamp.php</a></p> <p>Web site features meet information, updates, problem entry list, psych sheets, timelines, frequently asked questions. PLEASE CHECK FREQUENTLY.</p>
<p>Meet entry fee = \$20.00</p> <p># individual events _____ X \$5.00 = \$ _____</p> <p>\$15 late fee, if postmark after 11/21 = \$ _____</p> <p>Total payable to <b>Great Bay Masters</b> : = \$ _____</p> <p style="text-align: right;"><b>Mail To:</b> NELMSC SCM Championship PO Box 1723 Dover, NH 03821</p>	<p><b>ENTRY DEADLINE:</b> Entries must be postmarked by Wednesday November 21, 2007</p> <p><b>LATE ENTRIES:</b> If you miss the entry deadline you may submit an entry form that must be received no later than 6 p.m. Saturday December 8, 2007, with an additional \$15 late fee.</p>
<p>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.</p> <p>DATE _____ SIGNATURE _____</p>	

# 2008 Mid-Maine Winter Warm-Up

## January 13<sup>th</sup> - Alford Youth Center, Waterville, Maine

Sanctioned by NE-LMSC for USMS, Inc. Sanction Number 038-023-SSCY

### Sunday 1/13, 9:00 AM Warm up / 10:00 AM 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). Seeding will be from slow to fast regardless of age. ENTRIES WITH NO SEED TIMES WILL BE CONSIDERED INCOMPLETE. Heat sheets will be posted 15 minutes prior to the start of the meet. Separate results by age group will be posted after each event.*

Event No.	Event	Entry Time Women	Entry Time Men	Event No.
1	Mixed 500 Free*			1
2	Mixed 200 IM			2
3	Mixed 100 Breast			3
4	Mixed 50 Back			4
5	Mixed 200 Fly			5
6	Mixed 200 Free			6
7	Mixed 100 IM			7
8	Mixed 50 Fly			8
9	Mixed 200 Breast			9
10	Mixed 50 Free			10
11	Mixed 100 Back			11
12	Mixed 100 Free			12
13	Mixed 50 Breast			13
14	Mixed 100 Fly			14
15	Mixed 200 Back			15
16	Mixed 1000 or 1650 Free* #			16

\* Swimmers must provide their own counters.  
# Distance option: specify either 1000 or 1650( circle one)

### 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:** The pool address is 126 North St., Waterville, ME. Coming off I-95 from the north or south: Take the Main St./ ME-104 exit EXIT 130 toward Waterville/ Winslow. Turn left onto Main St. if you are coming from the North, or right onto Main St. if you are coming from the South. Once on Main St. turn right onto Eustis Ave., which is less than half a mile from the expressway. Next turn left onto North St. Alford Youth Center will be immediately visible on the right.

**Facility:** 6 lanes, 25 yard competition pool with electronic timing

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

**Meet Director:** Anne Jecker

**Contact:** Anne Jecker 207-465-4877; anuecker@roadrunner.com

**Fees:** The meet fee is \$ 15.00 if postmarked by January 6<sup>th</sup>; otherwise, the fee is \$20.00. Deck entries will be accepted until 9:30 AM the day of the meet. Make checks payable to Anne Jecker.

**Send Entries To:** Anne Jecker; 307 Rocky Shore Lane; Oakland, ME. 04963

### 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

**"In what ways has swimming changed your life?"**

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**(left) Lori LaPoint, Wiscasset**

I must say, swimming has not changed my life... it has always been my life. This has been true from the time I was a little girl, growing up in Bangor and swimming at the local town pool to now - working as an aquatics director and competing as a masters swimmer. Swimming has always been a love, and I strive every day to foster that same love for the youth just beginning to swim. Swimming has helped me be a better person as a whole... long term goal setting, etc. Great question!

**(right) Mike Schmidt, Augusta**

This is a question that could have many answers involving such things as meeting people, health

benefits, travel to new places, life lessons, and so on. Given the breadth of possible answers, I'll choose my favorite... I am alive because swimming taught me how to persevere.

**Joseph Zrioka, Bowdoin**

I entered open water swims this year at Hobbs Pond, Echo Lake, and the Rockland Breakwater. They were all great swims and fun competition. I never would have considered these events until I started swimming.



**Ann Simmons, Calais**

Sadly, my local pool closed last October due to high fuel prices. It reopened for the summer, but then closed again on October 1st, and I haven't been able to swim regularly. I'm afraid I'm the wrong person to ask!



**(left) Kristi Panayotoff, PenBay**

Ignorance is bliss - I was seemingly happy to continue swimming oh so inefficiently, forever (until well over 100 years old, which was my only hope - to outlive everyone else!). But the video tape at the swim clinic gave me a very rude awakening!!

Seriously, swimming gives me an exercise which I can commit to doing regularly. As we all know, swimming exercises more muscles at one time than almost any other exercise, while placing stress on none (provided you do not use pie plate sized hand paddles and other such nonsense for masters aged people). Swimming has given me many wonderful friends and many memorable times at meets and especially at open water swims.



# 2008 Maine Masters Swim Club, Inc. Membership Application

Renewal – my last USMS number was \_\_\_\_\_  
 New registration

Register with the same name you will use for competition. Print clearly.

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Sex (circle) M    F	E-mail address		
Pool where you swim			Today's Date	

I would like to have someone contact me about volunteer opportunities.



### Required Membership Fee:

\$ \_\_\_\_\_ \$40.00 - Annual Registration, good from Nov 1<sup>st</sup>, 2007 through Dec 31<sup>st</sup>, 2008.

### Optional Additional Fees:

\$ \_\_\_\_\_ I wish to contribute this additional amount to Maine Masters to help the club provide even more benefits.

\$ \_\_\_\_\_ I wish to contribute this amount to the International Swimming Hall of Fame Foundation.

\$ \_\_\_\_\_ I wish to contribute this amount to the United States Masters Swimming Foundation.

\$ \_\_\_\_\_ If you wish to receive a copy of 2008 MESC top ten times in Yards, please enter **\$5**.

\$ \_\_\_\_\_ If you wish to receive a copy of 2008 MESC top ten times in Meters, please enter **\$5**.

\*\*Top ten times are available on MESC Website at [www.mainemasters.org](http://www.mainemasters.org).

\$ \_\_\_\_\_ **Total Amount Enclosed**

Your Maine Masters Swim Club 2008 membership includes your USMS membership, subscription to the bimonthly USMS *SWIMMER* Magazine through Jan/Feb 2009 (\$8.00 of the annual dues is designated for the magazine subscription). Members of USMS are covered with secondary accident insurance in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered and in USMS sanctioned meets where all competitors are USMS registered. The USMS policy on the privacy of member information is at: [www.usms.org/admin/privacy.shtml](http://www.usms.org/admin/privacy.shtml)

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 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 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.

**Signature (required):** \_\_\_\_\_

**Make check payable to:** MESC  
**Mail check and completed form to:** Son Nguyen, 497 Westbrook St. # 307 D,  
South Portland, ME 04106



# Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
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	Douglas Roth (207) 273-2907
Dec 14-16	* NE-SCM Champs	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
Feb	PenBay Masters Meet	Rockport, ME	Dieter Weber (207) 529-2104
Feb	Casco Bay Meet	Freeport, ME	Ben Morse (207) 240-2155
Mar 9	ME SCY Championship	Augusta	Colleen LePage (207) 626-3488

\* *entry form included in this newsletter.*



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

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