

JANUARY 2008

# Maine Masters

S W I M C L U B

N E W S L E T T E R

## WORLD RECORD!

*MESC Swimmers set pioneering world record in 200 Free Relay*

**C**ongratulations to the MESC relay team of Norm Seagrave, Everett Hanke, John Woods, and John White. On November 10th the four swimmers set a world record in the 200 free relay (SCM) at the Portsmouth City Pool in Portsmouth, New Hampshire. This was the first world record *ever* for any masters swimmers from Maine.

The four swam the event in 6:31.84, establishing a FINA world record and USMS national record. In meters pools, relay age groups are determined by the combined ages of the four participants. With an average age of 90+ years, the MESC relay team entered the 360+ age group, becoming the first team ever to swim that event. It isn't easy to get four 90 year old athletes together in the same pool, but with the oldest median age in the United States, the State of Maine offers that possibility. John White was able to round up three of his sturdy swimming friends and they pulled it off!

Various family members of the four men came from as far away as New Jersey to attend the meet. After their swim the relay was celebrated with a prolonged standing ovation by all present. The relay members



*MESC World Record Team: Everett Hanke (92), John Woods (89), John White (91), Norm Seagrave (91)*

seemed to enjoy the well-deserved respect and admiration they received.

### MESC Board Members

President	Frank X. Giustra, Jr.	832-6860
Vice President ( <i>int.</i> )	Zachary Gray	445-4930
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
Web Master	Ben Morse	240-2155
Member at Large	Sterling Dymond III	942-3148
Newsletter Editor	Douglas M. Roth	273-2907



## From The President

by Frank X. Giustra, Jr.

With the beginning of the New Year it is time to reflect back on the previous year. As promised I have updated or revised all of our club's important documents. At the annual meeting on Nov. 16th our revised by-laws were approved. Also the job descriptions for pool meet directors and the *MESC Director of Meets* position were updated. These three documents will help keep our club running smoothly for years to come, and they are available to all members on request. Just let me know what document you want.

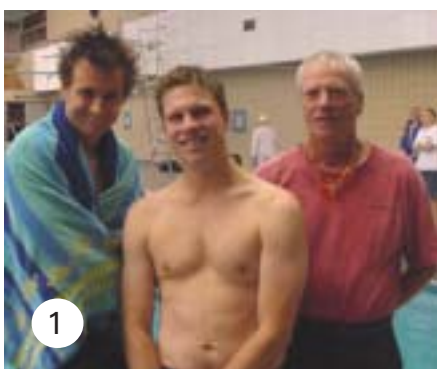
Now is the time to start rounding up a slate of officers for 2009-10. As chairman of the nominating committee I urge all members to consider serving our organization. You can nominate yourself or someone you know is interested in a board position.

I wish each and every one of you the

best of New Years. May the year 2008 bring you peace and happiness. - FXG

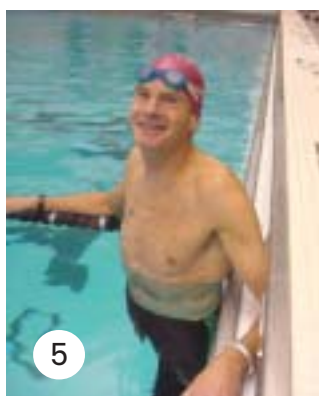
## Bowdoin Distance Festival'08

The 1-hour swim is the highlight of the winter swim season for serious open-water swimmers. The event measures how far you can swim in 60 minutes. Last year MESC swimmer Ben Morse swam 5,235 yds in one hour. This amounts to an indoor swim of *three miles!* Another Maine swimmer, 71-year old Philip Kerr, swam 3,670 yards in one hour to



### Faces at The George Erswell Meet in Bowdoin:

- (1) Doug Pride, Joe Kurlanski, and Bill Rupert
- 2) Zach Gray, Allison Dorko, Son Nguyen, and Amy Klodzinski
- (3) Connie Hallet & Dave Sawyer
- (4) Bill Reeve (center) and the contingent from the DownEast YMCA in Ellsworth
- (5) Drew Darling.



place fifth in the Nation in his age group. Way to go, Phil!

The 1-hour swim and the 1-mile time trial will both be part of the Bowdoin Distance Festival in Brunswick on January 27th. Bowdoin Coach Brad Burnham reports that warm-ups will start at 12:00 noon and the swims will start promptly at 1:00pm. Every participant must bring their own counter to this event. Last year there were enough participants to form two heats of the 1-hour swim, meaning that two swimmers could come together and count for each other.

(below) KV-YMCA Pool



Swim Meet ever held in Maine, with as many as 100 participants expected to swim.

The date and the facility appear to be well-chosen. March 9th is three weeks prior to the big NE-LMSC meet at Harvard, so it can serve as the perfect pre-taper warm-up meet. Augusta has a central location in the

## State Championships

On March 9th the Kennebec Valley YMCA in Augusta will host the first ever *MESC Maine State Championships*. This brand-new event was the brainchild of Doug Roth, who last year asked Colleen LePage if she'd be willing to host the first State Championships there in their brand-new pool in Augusta. This meet is expected to be the largest Masters

middle of the state. It has spacious pool-side bleacher seating that can hold at least 100 swimmers and their families. They also usually keep their pool water temperature on the cool side, which in turn leads to fast times.

If you're only going to attend one Masters Swim Meet in Maine this spring, this would be a good choice. Hope to see you there!

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## MESC Annual Meeting

On November 16th MESC held its Annual Meeting and Potluck Supper at the Kennebec Valley YMCA in Augusta. In addition to some good food (including a delicious Italian dish by Mrs. Giustra), the meeting's agenda included the following:

### I. Registrar-Treasurer's Report

Son Nguyen detailed MESC finances and membership totals. Son reported that we have 239 members at year's end and more money in our bank account than expected.

### II. Listing of MESC Achievements in 2007

Doug Roth listed all of the great things we accomplished in 2007. Some of them are mentioned in the "Year in Review" spread in this newsletter.

### III. Acceptance of New Bylaws

The members who were present voted on and

approved the revised MESC Bylaws that were outlined in the Sep'07 newsletter. Key revisions include a slightly streamlined Board of Directors and the adoption of our new "Sanctioned Meets only" policy.

### IV. Introduction of State Championships

Colleen LePage passed out the entry form for the upcoming State Championships meet scheduled for March 9th. This meet is expected to be the largest Masters Swim Meet ever held in Maine, with over 100 entries.

### V. Swimming Technique Primer

Dieter Weber presented an impressive digital slide show outlining some of the key points he learned at a recent "Total Immersion" swim clinic. Dieter's presentation was professional and informative, and if he is willing we'd like to invite him to offer it again sometime so more people can see it.

# Maine Wins SCM Championships at Boston Univ.

**W**E WON AGAIN! MESC swimmers won the USMS Club title at the SCM Championships held at Boston University from December 15-17th. This was the third New England Championship Meet won by MESC this year, for a clean sweep of the three championships offered each year!

## 2007 MESC RESULTS

- 1st place - Mar SCY Championships at Harvard
- 1st place - July LCM Champs at Middlebury
- 1st place - Dec. SCM Championships at BU.

25 masters swimmers from Maine participated in the meet. Our team effort was aided by a snowstorm that rolled through Boston on Sat. night. Because of the storm many swimmers from Mass. and NH woke up on Sunday morning and decided to stay home. But most of the Maine swimmers were already tucked into hotels near BU. Because we were already there in Boston, why not venture over to the pool on Sunday swim in the meet anyway? It worked in our favor, and MESC swimmers scored 2,056 points to outpace meet organizers Great Bay Masters by about 500 points.

The top male scorers from Maine were:

- Zach Gray (181 points)
- Son Nguyen (157 points)
- Maury McKinney (146 points)

The top female scorers included:

- Tal Shpaizer (117 points)
- Brittany Harrington (100 points)
- Mary Estabrook (86 points)

Standout performances included Zach Gray's overall win in the high points competition, and six record-setting swims by Mike Schmidt. Schmidt, together with Hodding Carter and Jim Harvey (5 records each) practically rewrote the record book for the 40-49 age groups.

In total, MESC swimmers set a total of 22 new NE-LMSC records. The records were logged by the following swimmers: Brittany Harrington (800 free); Kim Lindenau (100 fly); Tal Shpaizer (200 IM, 200 back); Zachary Gray (800 free); Jim Harvey (100 IM, 50 back, 100 fly, 100 back); Michael Schmidt (800 free, 400 free, 100 fly, 200 free, 200 fly, 400 IM); Hodding Carter (50 back, 100 fly, 50 fly, 100 free, 50 free); the relay team of Doug Pride, Jim Harvey, Michael Schmidt, and Hodding Carter (200 medley relay).



**At Boston University**  
(clockwise, from left)  
(1) Simon Wignall, Son Nguyen, Zach Gray, Sean Carter; (2) Maury McKinney, Anne Uecker, Bill Rupert, Mary Estabrook; (3) John Gale, Cheryl Daly; (4) Wignall, Chris Matava, Manual Sone; (5) Schmidt, Carter, Pride, Harvey



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

February 9<sup>th</sup> 2008 – Penobscot Bay YMCA, 116 Union St., Rockport, Maine  
Sanctioned by NE-LMSC for USMS, Inc. Sanction Number 038-026-SSCY

## Saturday 2/9, 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. Swimmers will be matched up with other swimmers based on age and consideration will be given to records in the Maine Masters top 10 listings.

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

- [ ] Enter me in any position in any relay.
- [ ] Enter me in only the relays I have circled above. For medley relays, I would be willing to swim the following strokes:

[ ] I prefer not to swim in relay events

### 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) 529-2104 <dieter\_at\_Cisco.COM>, Carrie Carney <ccallifano\_at\_gwi.net>, 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, 270 Nobleboro Rd., Bremen, ME 04551 (entries must be postmarked by February 5<sup>th</sup> or received by February 8<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 those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM AND ANY ACTIVITIES INCIDENT THERE TO, 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 - The Year Maine Masters

JAN

Dieter Weber creates new "Pentathlon"

FEBR

Dieter Weber designs new "Pentathlon"  
Ben Morse runs unique "Pentathlon"

MA

MESC wins New England SCM Championships  
Norm Seagrave (90) is introduced as new member

APR

UMaine Orono reappears at MESC  
Dieter Weber writes software program for MESC



M

Lindenau Family hosts 1st annual MESC Meet  
Pete Giustra tops list of all-time MESC members

JU

MESC wins New England LCM Championships

JU

USMS announces John White ranks 1st in 1000m  
Ben Morse (1st) and Margaret Pizer (2nd) win 1000m  
Lee Lindenau is top MESC finisher



AUG

Breakwater Race continues as the only triathlon in Maine  
Frank Giustra re-writes USMS By-laws



SEPT

Longtime MESC swimmer Peter Frisvold retires  
Hodding Carter hosts 1st Masters Triathlon  
Open-water legend Lynn Carter wins 1000m

OCT

New annual meet "circle" diagram is introduced  
MESC membership increases to 230

NOV

Erswell Meet is rescheduled in November  
The Cape Elizabeth workout group re-forms  
New MESC By-laws approved  
"Sanctioned Meets Only" policy implemented  
MESC 90+ relay sets a World Record



DECE

MESC wins SCM Championships at Bowdoin  
Mike Schmidt (6 records), Hodding Carter, and Lynn Carter win

# Year in Review Masters Swimming

JANUARY

"Blue Lobster" logo for MESC

FEBRUARY

Download MESC meet entry form  
"Marathon" meet at Casco Bay YMCA

MARCH

USMS Long Course Championships at Harvard  
Meet the oldest Masters swimmer in Maine.

APRIL

Updates on our meet schedule  
Software to compile Top-10 listings automatically

MAY

Annual MESC BBQ at their home.  
MESC Top-10 performers with 92 listings.

JUNE

USMS Championships in Middlebury, Vermont

JULY

1st in USA in 50m & 200m backstroke  
Swimmers excel at USMS 10k open-water Champs.  
Swimmer in Peaks-to-Portland race

AUGUST

USMS open-water event in New England  
USMS Director of Meet guidelines

SEPTEMBER

Fredericks passes away (1940-2007)  
Swimmers Swim Clinic at PenBay YMCA  
Box delivers speech in Belfast

OCTOBER

Swimmers released, with more meets than ever  
39 and approaches our all-time high

NOVEMBER

Swimmers, resulting in 15 new MESC members  
Swimmers appears in mass at the Bowdoin Meet  
Swimmers elected at MESC Annual Meeting  
Swimmers approved at Annual Meeting  
Swimmers World Record in Portsmouth, NH

DECEMBER

Swimmers Boston Univ., making clean sweep for '07  
Swimmers and Jim Harvey rewrite record books at BU



# University of Maine Black Bear Masters SCY Meet

February 23<sup>rd</sup> 2008 – Memorial Gym, Orono, Maine

Sanctioned by NE-LMSC for USMS, Inc. Sanction Number XXX-YYY-SSCY (applied for)

## Saturday 2/23, 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	200 Yard Medley Relay	See below	2
3		500 Yard Free		4
5		200 Yard IM		6
7		50 Yard Breast		8
9		100 Yard Back		10
11		50 Yard Free		12
13		400 Yard IM		14
15		50 Yard Fly		16
		<b>Short Break</b>		
17		200 Yard Free		18
19		100 Yard Fly		20
21		100 Yard Breast		22
23		50 Yard Back		24
25		100 Yard IM		26
		<b>Short Break</b>		
27		100 Yard Free		28
29		200 Yard Choice: (pick one) [ ] Back, [ ] Breast, [ ] Fly		30
31	See below	200 Yard Free Relay	See below	32
33		1000 Yard Free		34

### Notes:

- The relay events will be deck seeded at the meet.
- Warm up lanes will be available throughout the meet
- The Wallace pool's lanes will be configured for yards.

## 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: 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, 25 yard competition pool with electronic timing

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

**Meet Director:** Jeff Wren

**Contact:** Jeff Wren, (207) 581-1076 or (207) 570-9410, <maineswim@umit.maine.edu>

**Fees:** The meet fee is \$15, 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  
(deck entries will be accepted until 11:30AM; entries that are mailed are preferred but must be postmarked by February 19<sup>th</sup>)

## 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 THERE TO, 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 \_\_\_\_\_



# Where are We?

by Douglas M. Roth

At the end of 2007 there were 239 registered MESC swimmers. This is just a tad below our historic peak in 1996 when we had 248 members, but well above the 142 of just a few years ago. As you can see by the chart below, most of our workout groups are growing steadily. Six different workout groups gained 5 members or more. Way to go!

The Kennebec Valley YMCA in Augusta has done a particularly noteworthy job of promoting Masters Swimming. In just one year they more than doubled in size from 4 MESC members to 11. Wow! Much of this growth is due to the leadership of Masters coach Colleen LePage and pool rep Robert Johnston (*see photo above, 2nd from left*). On March 9th they will host the first *MESC State Championships*, which will further en-



*Augusta's Relay Team at the Erswell Meet*

hance their profile there in the middle of our state.

Riverton, Cape Elizabeth, and U>Maine Orono are also on the move under the leadership of inclusive coaches and energetic

pool reps. Riverton swimmers, in particular, have been turning out in big numbers for open water swims and championship meets.

In 2008 I expect to report further gains across the board. This optimism is partly due to MESC's new *Sanctioned Meet Policy* which practically guarantees membership growth at each and every meet we hold.

A big THANK YOU goes out to all coaches and MESC pool reps. Keep up the good work!

<u>POOL</u>	<u>POOL REP</u>	<u>2007 MEMBERS</u>	<u>NEW SINCE 2006</u>
Bowdoin College (Brunswick)	Sandy Potholm	65	+ 8
PenBay YMCA (Rockport)	Carrie Carney	28	minus 14
Riverton	Manuel Sone	13	+ 5
Augusta YMCA	Robert Johnston	11	+ 7
Bangor YWCA	Paula Beall	11	minus 5
Downeast YMCA (Ellsworth)	Scott Redmond	10	+ 3
Casco Bay YMCA (Freeport)	Ben Morse	10	+ 4
Bath YMCA	Bob Nelson	10	minus 2
Cape Elizabeth	Kerry Kertes	9	+ 7
Waterville	Anne Uecker	9	+ 4
Portland YMCA	Jim Harvey	9	+ 5
U>Maine Orono	Andrew Thomas	8	+ 6
Wiscasset Community Center	Nancy O'Brien	8	minus 1
Farmington	Jason Steinhouser	7	+ 3
Husson College (Bangor)	Paul Nichols	5	minus 3
MDI YMCA (Bar Harbor)	(vacant)	4	minus 1

# The Bottom Line

by Sandy Potholm

**“What injuries have you experienced in swimming, and what do you do to prevent them?”**

---

**(right) Andrew Thomas, UMaine Orono**

After 25 years of Masters swimming I have had very few injuries, but those I've had fall into 2 categories: episodic and longer, recurring shoulder issues. The first type are easy to fix. For example, it is not necessary to hit the touch pad so hard that you break your fingers. Also, don't try to fix your sloppy start in the middle of a championship meet when the adrenalin is running high. Both of these things are what practice time is for.

Fixing recurring shoulder problems takes consistent, daily effort. About 5 years ago an orthopedic surgeon used a roto-rooter to clean up the calcium deposits and bursitis in my shoulders. He also made the requisite rotator muscle gap wider. Since then all of my strokes have been painless. I don't take this for granted. I pay very close attention to proper rotation, and I ask all my coaches to watch and comment. I am also conscientious with both ab exercises and proper warm-up and warm-down stretching.



**Adelaide Trafton, Bowdoin**

As for swimming injuries, I over-swam my rotator cuff two years ago. I believe the injury resulted from too deep a stroke and an intense desire to learn butterfly. I powered through my butterfly with bad technique resulting in extreme stress on my shoulders. I had to swim without arms for a winter. I did a lot of armless drills focusing on using my core and finding balance without my arms. Six months into recovery, I consulted with an orthopedic shoulder specialist. He encouraged me to have a cortizone injection, which I tried. It helped a little. So far I have avoided surgery and am swimming again with less intensity. I have to really listen to my body and back off if any old symptoms in my shoulders reoccur. I am shying away from butterfly for the time being, but I am inch worming and thinking about how to use my rhythm and core.

**Nancy Prentiss, UMaine Farmington**

It's a minor thing, but I've noticed that my wrist joint along the thumb side of my hand gets really sore after a lot of swimming. A physical therapist said that anytime you lock your thumb straight on, you can exacerbate any arthritis or tendonitis that might be present. He said to try to swim with a slightly bent thumb. I've been trying to do this and swim with my hand cupped a bit. It does seem to alleviate the pain.

**Gerry Brookes, Bowdoin**

The worst injury I've had is a shoulder problem. It may have been caused by one of the other activities I engage in, but it inhibited swimming seriously. To cure it, I didn't do fly for a year and finally went out of town and didn't swim for perhaps ten days or more. Now, to prevent it, I try to do a set of stretching exercises. With coach Brad Burnham's help, I been slowly changing my stroke so that I put less stress on my shoulders. This process is very slow. I'm OK at the moment and think of myself as temporarily uninjured.

# 2008 MAINE MASTERS SHORT COURSE YARDS CHAMPIONSHIP

March 9<sup>th</sup>, 2008-Kennebec Valley YMCA, 31 Union St., Augusta, ME

Sanctioned by NE-LMSC for USMS, Inc. Sanction Number 038-021-SSCY

## Sunday 03/09/08, 9:00AM Warm Up /10:00AM 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 plus relays). Seeding will be from slow to fast regardless of age. ENTRIES WILL NO SEED TIME 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.	Entry Time Women	Event	Entry Time Men	Event No.
1	See below	400 Medley Relay	See below	2
3		50 Fly		4
5		200 Free		6
7		200 IM		8
9		50 Free		10
11		200 Back		12
13		100 Fly		14
15		200 Breast		16
17		50 Back		18
19		100 Free		20
21		400 IM		22
23		500 or 1000 Free(circle one)*		24
25		50 Breast		26
27		100 IM		28
29		100 Back		30
31		200 Fly		32
33		100 Breast		34
35	see below	400 Free Relay	see below	36

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

EVENT 1 and 2 400 Medley Relay: 1) \_\_\_\_\_ Age: \_\_\_\_\_  
 2) \_\_\_\_\_ Age: \_\_\_\_\_  
 3) \_\_\_\_\_ Age: \_\_\_\_\_  
 4) \_\_\_\_\_ Age: \_\_\_\_\_

Seed Time: \_\_\_\_\_

EVENT 35 and 36 400 Free Relay: 1) \_\_\_\_\_ Age: \_\_\_\_\_  
 2) \_\_\_\_\_ Age: \_\_\_\_\_  
 3) \_\_\_\_\_ Age: \_\_\_\_\_  
 4) \_\_\_\_\_ Age: \_\_\_\_\_

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 (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:** Take I-95 to Exit 109, Western Ave. Follow signs for Airport/Downtown Augusta. Take a right onto Armory St. (Fire station will be on right corner and the Armory is across street on left side) Armory St. will become Capitol St. (Bear left past school and behind Shaw's plaza) Take a right onto State St. (Just behind Capitol Bldg.) Take a quick left onto Union St. The Y is on the right side and shares a driveway with police station.

**Facility:** 8-lane pool with electronic timing.

**Awards:** Time cards will be available with first, second, and third place ribbons for each age group.

**Meet Director:** Colleen Lepage at stfingrays@KVMCA.org or (207) 626-3488;(cell) 754-9079  
**Fees:** The meet fee is \$5 plus \$5 per individual event up to 5 events plus relays. Make checks payable to: KVMCA.

**Send Entries to: Colleen Lepage @ KVMCA; 31 Union St.; Augusta, Maine 04330.**

**(Entries must be received by March 5<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 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 \_\_\_\_\_



## Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
Jan 12	Waterville Meet	Alfond Youth Ctr.	Anne/Jeff Uecker (207) 465-4877
Jan 27	Bowdoin Distance Fest.	Bowdoin College	Brad Burnham (207) 725-3572
Feb 9	* PenBay Masters Meet	Rockport, ME	Dieter Weber (207) 529-2104
Feb 23	* Black Bear Meet	UMaine-Orono	Jeff Wren (207) 581-1076
Mar 9	* STATE Championship	Augusta	Colleen LePage (207) 626-3488
Mar 27-30	NE-SCY Championships	Harvard	New England Masters LMSC
Apr 11	Zone Championships	Fairfax, VA	USMS website

\* *entry form included in this newsletter.*



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

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