

MARCH 2008

Maine Masters

S W I M C L U B

N E W S L E T T E R

New England Championships are Here

MESC faces a serious challenge from Red Tide New York

Last year MESC won the "USMS club" Division at all three New England LMSC Championship meets. We've always looked at Great Bay Masters (in New Hampshire) as our rival. At the SCM Championships in December, Great Bay entered more swimmers in the meet than MESC did. But some outstanding performances (and a Saturday night blizzard) helped MESC pull out the win and preserve our winning streak.



entered 19 swimmers who are over the age of 50, while Red Tide has only 5. Maine has 8 swimmers over the age of 60 while Red Tide has only one. The older age groups offer a distinct advantage for Maine.

Relay participation is also going to make a big difference. *Whoever fields the most relays is likely to win.* In recent meets almost every MESC swimmer has been willing to swim in relays whenever asked. The same sacrifice will be needed if we're to beat Red Tide. With

Now the SCY Championship meet at Harvard has arrived, and we are facing another serious opponent. This time the challenge is coming from Red Tide New York, a powerful club that has been sending more and more swimmers to Harvard each year.

The meet entries are now closed. 46 Red Tide swimmers (354 splashes) are entered in the meet compared to Maine's 44 swimmers (329 splashes). To beat Red Tide we will need outstanding results from all of our swimmers, but especially from our *older swimmers*. According to the meet organizers, Maine has

some effort and a bit of luck we have a decent chance of extending our streak. *Go Maine Masters!*

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



Stroke Clinic on March 16th

Andrew Pulsifer, one of our top swimmers and coaches, will be offering a clinic called "Stroke Tune-up for Masters Swimmers" at the Kennebec Valley YMCA in Augusta on March 16th. The clinic will focus on body alignment, streamlining, and strokes & turns for both the butterfly and breaststroke.

Interested participants (in this or any future clinics) are encouraged to contact Andrew Pulsifer at pulsifera@earthlink.net or (207) 557-5653.

MESC Distance All Stars

Congratulations to Ben Morse and Margaret Pizer for being selected as USMS distance All-Stars in 2007. USMS sponsors 10 distance events each year. Five are open water swims

and five are postal events. Points are awarded to the top finishers in each age group in each event. At the end of the year the swimmers with the most points in each age group are awarded "Distance All Star" status. In 2007 USMS awarded only 20 individuals with this honor, and two of them (10% of the total) were from Maine!

Congratulations to Margaret and Ben!



A Picture is Worth 1,000 Words

by Douglas Roth

Each of these swimmers just joined Maine Masters and just participated in their first Masters swim meet. The photo was taken at the Orono meet in February. All of these swimmers have been active at their home pools, and some train each week with the UMaine workout group led by Jeff Wren. Still, none of them had joined MESC before.

I asked the group, "how many of you joined Maine Masters specifically so you could participate in this meet?" Every single hand went up.

The photo illustrates a key reason why the MESC board established our club's new "sanctioned meet" policy this year. From 1994 to 2004, most of the swimmers in this photo would NOT have joined our club. During those 10 years our membership ranks dwindled down to the point where MESC President Hans Wendel was wondering if we should dissolve our club.

Since 2005 we started having a few more sanctioned meets each year. Beginning in 2007 all of our events are sanctioned. It's quite clear now that this new policy has enabled our membership to start growing again. Each sanctioned meet brings us 5-10 new enthusiastic members. They start receiving the magazine and the newsletter, and they start to feel like they are part of the Masters Swimming family. Some of the new members will even step up and assume leadership roles. Having a steady supply of new fresh faces is an important part of a healthy organization, and our new Sanctioned Meets policy ensures this.



2007 USMS Top-10 Listings for SCY

43 Maine Masters Swimmers are on the list!

United States Masters Swimming (USMS) has announced its 2007 SCM "Top-10" List. This is an annual listing of the very best swimming performances nationwide in each event and in each age group. A total of 43 different MESC swimmers were honored. This means that more than 20% of our membership is listed. Wow!

Many MESC swimmers were honored for their relay swims. In individual categories, Ronnie Kamphausen (*right*) stood out with 12 individual listings. Bill Jones was tops among our men with 8 individual listings.

Three MESC performances were honored as the fastest times swum in the United States in 2007. These included Andrew Pulsifer's amazing 4:21.87 in the 400 IM at

the New England Championships. Also ranked #1 were the 200 Free Relay of Doug Pride, Hodding Carter, Andrew Pulsifer, and Mike Schmidt, and the 200 Medley Relay of Andrew Pulsifer, Lee Lindenau, Hodding Carter, and Mike Schmidt.

Congratulations to *all* of the fine MESC swimmers who made the Top-10 List. Their names are posted below.

Ronnie Kamphausen



RELAYS

Blais, Kim
Carter, Hodding
Darling, Drew
Ernest, Gene

Morse, Ben
Nelson, Bob
Nguyen, Son
O'Brien, Nancy

Estabrook, Mary
Gale, John
Gallo, Jennifer
Giustra, Frank

Panayotoff, Kristi
Pixley, Steve
Pride, Doug
Pugh, Annaliese

Giustra, Peter
Gray, Zach
Hadam, Geoff
Hallett, Connie

Pulsifer, Andrew
Read, Patty
Redmon, Scott
Rupert, Bill

Harrington, Brittany
Jansen, Brook
Jones, Bill
Killoran, Kate

Russo, Claire
Schmidt, Mike
Steinhauser,
Jason

Lecrone, Tim
Leonard, Robert
Lindenau, Lee
Matava, Chris

Stewart, Kasey
Sullivan, Susan
Thompson, Mary
Wendel, Hans

INDIVIDUALS

Carter, Hodding
Gray, Zach
Hadam, Geoff
Johnson, Cornelia

Jones, Bill
Kamphausen, Ronnie
Lindenau, Kim
Lindenau, Lee

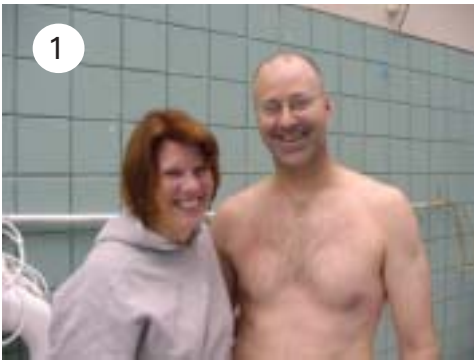
Morse, Ben
Pizer, Margaret
Pulsifer, Andrew
Rupert, Bill

Schmidt, Mike
Seagrave, Norm
Slater, Dolly
Torrey, Pam

White, John

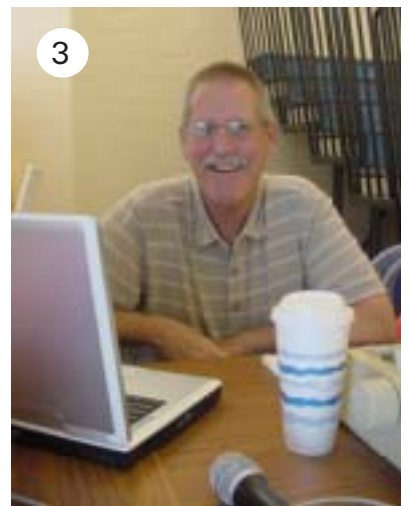


Andrew Pulsifer



Bowdoin Distance Festival & 1-Hr. Swim

- (1) Joe Zrioka & wife
- (2) David Vail & wife
- (3) Amy Klodzinski & Cheryl Daly
- (4) Allison Dorko
- (5) Amy Klodzinski
- (6) Fred Pierce



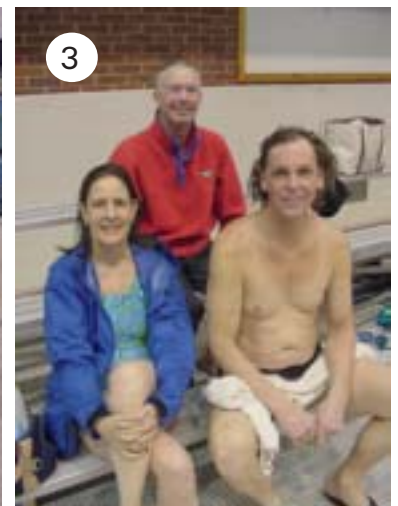
MESC at the Waterville Meet

- (1) Brittany Harrington and supporters
- (2) Mary Estabrook, Mudd Sharrigan, and Glen Bangs
- (3) Jeff Uecker, who helped run the meet
- (4) Son Nguyen, Ben Morse, and Mike Schmidt
- (5) Coleen Lepage.



MESC Swimmers at the PenBay YMCA Relay Festival

(1) Melissa Birch & Brooke Jansen, (2) Gene Ernest & Bill Jones, (3) Helen Bonzi & Carrie Carney, (4) Katie Killoran, (5) Nancy O'Brien & Anneliese Pugh, (6) Pete Giustra.



MESC Faces at Orono

(clockwise, from above)

(1) Tim Lecrone; (2) Relay of John Delehanty, Son Nguyen, Lecrone, and Aaron Green; (3) Ellsworth group of Tish Noyes, Scott Redmon, and Kurt Lietz; (4) Women's relay from Orono; and (5) Melissa Birch



The Bottom Line

by Sandy Potholm

“What aspect of swimming has helped you stay young?”



Hanke, Woods, White, and Seagrave

Everett Hanke, Bowdoin College, age 92

Well I never did that much swimming until the age of 91 when I was asked to be on the Maine Masters relay team. I think what has helped me is the fact that I always hve eaten a lot of vegetables. I am not a big meat eater nor do I eat a lot of protein. I also eat a lot of fruit. For breakfast I'll have Shredded Wheat. I never smoked. I have limited wine and if I'm at a party I will have a cocktail. Growing up my mother would make a big Sunday dinner at noon, but at night we would have plain rice with butter and sugar on it.

I've also continued to work. By profession I am a financial planner. I just recently gave up several major portfolios because I want more time to do other things. For example, I just bought a piano. My daughter from Jackson, NH, is an accomplished player, and I try to play along with her when she comes for visits. My dream is to take some lessons so I can improvise as I go around to senior groups and play old tunes they request. I would like to have a little comedy along with it and then get everyone to start talking and meeting each other.

John Woods, Bowdoin College, age 90

Well I think participating in swimming is very important. The same goes for running. Felling connected with a group helps you to bond together and gives you a feeling of well-being.

Swimming and running helped me kick the nicotine habit. I used to smoke a pipe, but I'd try not to inhale to help me stop. But I was only kidding myself, and it didn't help me to quit. Then I'd play a game with myself and say if I ran enough that day it would cancel out the 3 cigarettes I smoked. I also control my diet and weigh myself every day. I give myself 3 lbs to play with. If I go over then I cut something out of my diet until I get back to my normal weight.

In short, I think it is a good idea to stay as physically fit as possible, watch what you eat, and stay connected with friends and family.

John White, Bates College, age 91

I just keep doing it because if you stop you'll just go downhill. I also take care of my hybridizing garden of Siberian Iris. Right now I have 12 flats of seedlings in my basement that need watering every 3rd day. I sell them to Sharon Whitney in Harpswell. For the last 7 or 8 years I've been trying to get a yellow iris. Each year I just keep on trying. I may have to live to 100 to produce one!

Norm Seagrave, Bowdoin College, age 92

I think swimming has given me the opportunity to get into the water which I love to do. It makes me feel good and happy. At this stage of my life it's the one thing I can do and feel good about myself. Because I can't see or hear, swimming is marvelous, and it compensates for the other sports I no longer can participate in like tennis, golf, or winter sports. So swimming helps me stay optimistic and in a good mood. I also have a wonderful wife who takes excellent care of me. Swimming helps me cope with my limitations, and I would be lost without it.

Ellsworth Black Fly Masters Swim Meet

April 19, 2008- Down East Family YMCA- Ellsworth, Maine
Sanctioned by NE-LMSC for USMS, Inc. Sanction Number 038-029-SSCY

Saturday April 19 , 11:30 AM Warm-up / Start 12:30 PM

*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.	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 200 Breast		7
8		Mixed 100 Free		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	Deck Seed	Ellsworth Relay #	Deck Seed	16

*Swimmers must provide their own counters.
This relay is a social event to be determined by the Meet Director

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 238 State Street, Ellsworth, Maine- call (207) 667-3086 for directions.
Facility: 6 lanes, 25 yard competition pool with electronic timing. One lane will be reserved for warm-up/ cool-down.

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

Meet Director: Matt Montgomery

Contact: Scott Redmon redmon@hughes.net or (207) 288-0212

Fees: The meet fee is \$15 if received by April 16. \$20 for late or deck entries. Make checks payable to Down East Family YMCA.

Send Entries To: Down East Family YMCA, PO Box 25, Ellsworth, ME 04605

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
Mar 9	STATE Championship	Augusta	Colleen LePage (207) 626-3488
Mar 16	Stroke Tune-up Clinic	Augusta	<i>pulsifera@earthlink.net</i> or 557-5653
Mar 27-30	NE-SCY Championships	Harvard	New England Masters LMSC
Apr 11	Zone Championships	Fairfax, VA	USMS website
Apr 19	* Black Fly Masters Meet	Ellsworth YMCA	Scott Redmon (207) 288-0212
Jun 20-22	LCM Championships	Middlebury, VT	Peter Solomon <i>solomon@middlebury</i>

* *entry form included in this newsletter.*



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

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