

JANUARY 2006

# Maine Masters

S W I M C L U B

N E W S L E T T E R

## Bath Meet "Derector" Draws 65 Swimmers!

**R**ichard Derector must have received the casual statement, in the November newsletter, that the Bowdoin meet usually draws the most swimmers (for the Sept to June indoor meet calendar) as a thrown down gauntlet. Upon learning that there were 65 swimmers at the Bath meet. At first pale, one could flippantly claim that with a recognized meet designation, "the Derector" had taken a van down to the local shelter, and loaded in folks. No way, Jose!!! Several of the non-MESC swimmers are familiar faces who are just on-time-registration-challenged.



*Richard "the meet" Derector & Maine Masters President Brad Burnham at the Bath Meet.*



*Relay swimmers Jan Arrison, Carrie Carney, Jade Nelson, and Carrie Hedstrom.*

At any rate, the Meet "Derector" drew in 65 swimmers. Whoa—these numbers, in Bowdoin, and Bath, will be hard acts to follow, especially if winter storms rain on our parades, i.e. upcoming meets scheduled for Jan 22, Jan 29, Feb 11, Feb 25, and Mar 13. Richard Derector secured two Hy-Tek gurus, and chained them inside his pool staff office,

### MESC Board Members

President	Brad Burnham	725-3527
Vice President	Pamela Torrey	443-6191
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Treasurer	Barbara Murphy	729-9090
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Web Master	Ben Morse	729-9025
Member at Large	Hans Wendel	564-0060
Newsletter Editor	Kristi Panayotoff	789-5166



where they efficiently in-put the race day entries, produced prompt results, and deftly in-put several relay slates submitted in less-than-Hoyle form.

An example of many of the stellar performances at the Bath Meet was that of Hodding Carter, 43. Most of us can only trash talk about the shape we were in back in college. Hodding, a former Division III college all-American swimmer, (who has actually missed a lot of practices due to moving), quietly stepped up to the blocks at Bath, and then barely edged the stopwatch over 23 seconds for 50 yds free(23.07). In the 50 yd fly race, Michael Schmidt, also 43, wished Hodding had stayed home with his packing boxes and dolly, rather than edging out Mike by 56 hundredths of a second(Carter 25.18, Schmidt 25.74). In sooth, as the primo

ambassador of masters swimming that he is, Michael Schmidt graciously informed Hodding that Hodding had broken Mike's old record. Speaking of dolly, we were glad to see meet regular Dolly Slater(71) back, and still shaving seconds off her fly times(100 yd, 3:27.23, 200 yd, 7:05.46, 50 yd 1:24.50). A fine demonstration of the wave breaststroke, (discussed in the Bottom Line column in the last newsletter), was given by Jason Amos, 21, who broke 30 seconds in the 50 yd breast, with a 29.63, after warming up with a 23.52 in the 50 yd free. After the "serious" races were over, several for-fun relays were swum. After the meet, many swimmers, and family members gathered at the Bath Midcoast Pizza parlor for pizza, brewskies, and bragging. We all thank Richard Derector for a great meet, and MESC for taking care of the pizza tab!!



## Faces in the Bath Crowd

(clockwise) Jack Schlosser; Paula Beall & Sterling Dymond; Hans & Margaret Wendel, Tamao Goda; Relay start; Hedstrom ant farm; Zachary Gray, Hodding Carter & Jason Amos.





## New England SCM Champ's Dec 2-4 Wheaton College

**A** baker's dozen of (declared) members of MESC made the trip down to the SCM championships at Wheaton College, Norton, MA Dec 2,3,and 4 — 12 men, and Anne Uecker to make thirteen. In combined team scores, our friends to the west, Great Bay Masters, whose leader Ed Gendreau served as meet director for this huge meet, came in first, with 3481 points. Maine came in second, with 1212 points. When divvied up by gender(not to be confused with Gendreau), Great Bay was again first, in both men's and women's divisions, with 1113 points, and 2020 points, respectively. Our Maine men were 2nd to Great Bay, with 1043 points, and thank God for Anne Uecker, who single handedly earned all of the 119 points to capture 7<sup>th</sup> place for Maine in the women's division.

As stated earlier, this is a huge 3-day meet, with 300+ swimmers competing. The following swimmers declaring MESC competed at Wheaton College:  
Zachary Gray(22), Son Nguyen(26), Parker Morse(31), Ben Morse(33), Kevin Crowley,(41), Doug Pride(42), Mike Schmidt(43), Doug Roth(44), Bill Rupert(62), David Vail(62), Fred Pierce(62), James Connors(60), and Anne Uecker(45).

Zachary Gray(22) had a great meet, setting a new zone record for 18-24 men in the 200 SCM free, 2:07.71. Additional firsts for Zach were in the 400 SCM free, 4:54.69, in the 100 SCM free, 58.01, in the 100 SCM breast, 1:24.25, and a



*Doug Pride, Ben Morse, Michael Schmidt*

second in the 50 SCM free, 26.99. Son Nguyen(26), in the 25-29 men's bracket swam to a 2<sup>nd</sup> in the 100 SCM free, 1:00.27, a 3<sup>rd</sup> in the 100 SCM breast, 1:18.28, a 3<sup>rd</sup> in the 200 SCM breast, 2:53.58, a 5<sup>th</sup> in the 200 SCM IM, 2:48.34, and a 7<sup>th</sup> in the 50 SCM free, 29.76. Parker Morse, [Ben, where have you been hiding him?????], swam the 400 SCM free in 5:55.79 for 7<sup>th</sup> place.

Ben Morse(33), got the 3 day meet off to a great start with a 1<sup>st</sup> in the 800 SCM for men's 30-34, 9:37.41. Ben was 2<sup>nd</sup> in the 400 SCM free, 4:35.45, and 2<sup>nd</sup> in the 400 SCM I.M., 5:29.61. Kevin Crowley(41) swam to a 4<sup>th</sup> in the 50 SCM breast. Doug Pride(42), clearly excels in backstroke, setting a new zone record in the 100 SCM back for the 40-44 men, 1:05.66, and a new NELMSC record in the 50 SCM back, 30.48. Doug also had a 1<sup>st</sup> in the 50 SCM free, 25.51, a 3<sup>rd</sup> in the 100 SCM free, 57.25, and a 3<sup>rd</sup> in the 100 SCM fly, 1:02.64. MESC men in the

*Doug Pride counts for Ben Morse.*

extremely tough 40-44 bracket went 1-2-3 in the 100 SCM free and the 50 SCM back.

Michael Schmidt, (43), started the meet by setting a new LMSC record in the 800 SCM free for the 40-44 men, 9:08.85. Mike also took the ginsu knife to several more LMSC records: his own 400 SCM free 4:23 he sliced to 4:21.19, his own 200 SCM free record of 2:03.86 he sliced to 2:02.93, the old LMSC 200 SCM fly record of 2:20 he sliced to a fast 2:18.95. Mike also took 1<sup>st</sup> in the 100 SCM free with a 56.47, beating meet director Ed Gendreau by 16/100 of a second (Ed 56.63). Mike took a 3<sup>rd</sup> in the 50 back, 31.42, to Ed's 2<sup>nd</sup> place 31.09. Mike had 2<sup>nd</sup>'s in the 50 fly, 27.95, the 100 SCM fly, 1:01.82, and 100 SCM back, 1:07.88.

Doug Roth (44), enamored of intimate Maine meets with only 50 to 60 swimmers, traveled to the Big City to be put-off by the huge turnout of 300+ competitors at Wheaton College. Doug swam to a 5<sup>th</sup> place in the 800 scm free, 13:13.82. Bill Rupert, (62), set a 1<sup>st</sup> place, new zone record, for 60-64 men, in the 50 SCM back, 36.05, breaking his own old record of 36.87. Bill also had a 1<sup>st</sup> in the 200 SCM back, 2:55.66. Bill had a 3<sup>rd</sup> in the 100 SCM I.M., 1:25.95. Bill's 1<sup>st</sup> in the 100 SCM back bettered the



*John Merrill, the meet's oldest swimmer at 88*

zone record of 1:19.73 he already owned. David Vail, also of the 62-crew, had a 2<sup>nd</sup> in the 200 SCM I.M., 3:05.51, and a 3<sup>rd</sup> in the 100 SCM free 1:09.39. Fred Pierce (62), the third "triplet", swam to several excellent 3<sup>rd</sup> place finishes, including the 50 SCM breast, 41.75. The 62 Crew/Triplets, Rupert,

Pierce, and Vail found a gold mine in James Connors, for the 240-279 bracket relays. With James not-the-tennis-brat-Connors, these four 60-64 year olds earned a 1<sup>st</sup> in the 200 SCM free relay, 2:05.67, and a 1<sup>st</sup> in the 400 SCM medley relay, 5:32.18.

Other great relay performances by Maine men were: Crowley, Nguyen, B.Morse, Gray, 120-159 200 SCM = 5<sup>th</sup> place, 1:58.77.

Pride, Nguyen, Schmidt, Gray, 120-159 400 SCM medley = 1<sup>st</sup> place, 4:23.12

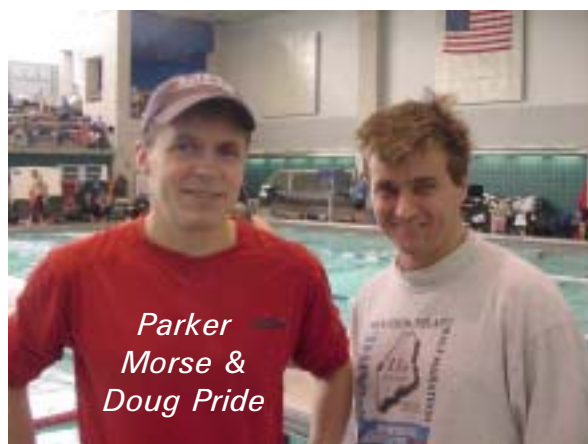
Nguyen, Rupert, Roth, Gray, 120-159 400 SCM free = 1st place, 4:38.98..

Amazing Anne Uecker, 45, took a 3<sup>rd</sup> in the 50 SCM fly, her 34.74 beating Tracy Grilli's 35.27. Anne remembered who holds the [USMS] cards, and took 2<sup>nd</sup> to Tracy in the 400 SCM Free, 5:25.42, and a 3<sup>rd</sup> (to Tracy's 2<sup>nd</sup>) in the 100 SCM I.M. 1:23.12. Anne also earned a 4<sup>th</sup> place in the 100 SCM free, 1:12.83.

A big thank you goes to Ed Gendreau who worked like a stevedore to pull off this 3-day meet, with no hitches.



*Anne Uecker*



*Parker Morse & Doug Pride*

# The Bottom Line

by Sandy Potholm

## "Do fins do more harm than good?"

**Fred Pierce, Topsham (62)** I think wearing fins is purely individual. I use them to build up strength in my legs. During my warm up I kick 1000yds. I do the butterfly kick, as well as kicking on my back with fins. I also practice the breaststroke kick but without the fins. However, during my actual swim I don't use fins.

**Coach Brad Burnham, Brunswick** With all equipment decisions it is important to ask what is the point of the time in the water. Some are in this just for the improved physical fitness. Many are looking to improve their times in meets like the one coming up in Waterville. Either way, fins are fun because it is fun to go fast. Fins probably help improve leg strength and flexibility in the ankles. Many people raise their heart rates higher with fins than without. They probably require greater energy output and therefore increase calorie expenditure - not usually a bad thing.

These are good reasons to wear fins, but if you rely on fins to work on technique or even worse, become addicted to them because they give you what you crave - speed - then the trouble is ahead for a competitive swimmer. People don't actually like addictive drugs, they like what the drugs do for them. My recommendation is to know your purpose in a workout. Wear fins because they are fun. Take them off when you want to work on technique or prep for a meet. For pool training, I would recommend the smaller versions over the long flowing snorkeling ones.

**David Vail, Brunswick (62)** I guess I don't understand your question, since I'm not aware of any harm done by fins - at least "Zoomer" size fins. I use zoomers a couple times a week for two main reasons: they keep my

legs in better shape than plain old kicking, and they take stress off my bad shoulders. When I'm paying attention to body alignment, which isn't enough of the time, they also help me get the feel of proper hip rotation.

**Bill Reeve, Ellsworth (74)** I wear a size 14 shoe, and I have never been able to find a pair of fins that fit properly, so I really can't say. On the other hand, Ernie Maglischo, who wrote *Swimming Faster*, doesn't say anything about fins in his book. I don't use floats, either, for pulling. I find if I just cool the kick a bit, I can get the same effect without messing up my form. I never use a kick board because with my arthritis it hurts to hold my arms out in front continuously. I don't use the little hand paddles because I keep forgetting to put them in my swim bag after practice. So, when I workout, it is just me, my speedo, and the pool.

**Barbara Murphy, Brunswick (54)** Right now the only benefits I'm deriving from my Zoomers is increased strength in my bicep muscles from carrying them around in my swim bag. I do like to wear fins to practice my dolphin kick, both on front and back. It helps me feel the hip action when dolphining off the wall on backstroke starts and turns.

**David Thomas, Sanford (52)** I really find fins to be a great help. They are strengthening my legs and my kick. I notice increased strength in my legs - not only in swimming, but in other activities as well.

**Doug Roth, Union (44)** When I coach workouts I do not allow swimmers to use fins because it can easily turn into an "arms race." The swimmers who don't wear them have to unfairly eat the wake of all those "zooming" fin addicts. It's bad for team morale.

*Due to space limitations I sincerely apologize if your comment doesn't get published in this issue. -sp*



## 1-HOUR POSTAL SWIM

The object of the 1-Hour postal swim [championships] is to swim as fast, and therefore, as far as you can in one hour. This feat must be witnessed and timed, with every 50 yd or 50 meter split recorded by the swimmer's timer-witness. The swim can be done at any 25 yd, 25 meter, or 50 meter pool during the month of January 2006. The forms are found on the USMS website. This year's one-hour swim is "hosted" by O\*H\*I\*O Masters Swim Club, to whom each swimmer

sends his/her processing fee.

Brad Burnham and David Vail are providing an opportunity to get this annual challenge done at their "Bowdoin Distance Festival" to be held on January 29th at 12 noon. Many of the swimmers at the festival will swim the 1-hour swim, but others will do the 1000 or 1650. If you swim the 1000 or the 1650 at Ann Uecker's 1/22 Waterville Meet the week before and are disappointed with your time, "come on down" to Bowdoin, With a counter/recorder, of course.

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## Why Swim in Meets?

The question of why should I as a Maine Masters swimmer endeavor to "do" meets rather than just attend practices and/or swim on my own can be answered by this poem submitted (with a request for anonymity) by a second-time-ever meet participant:

The question can also be answered (and depicted below) with this: At meets you can meet old swim colleagues you did not know were "still in the game."



Former MDI swimmers reminisce:  
Jeff Walls & Dieter Weber.

## Breaking Free

*I waited my turn on the deck's edge.  
Anxiety quivered through every muscle.  
Nervousness climbed up into my throat.*

*I climbed onto the block bracing myself.  
I tried to shake anxiety and nervousness out of me  
and to the depths below.  
BANG!!!*

*I plunge into the deep darkness and was released.  
I'm encased in water gliding like a fish  
in a soundless world.  
I'm focused I am one.*

*I break to the surface and hear the crowd.  
Their voices push me forward like a speedboat.  
I'm driven by the freedom I feel.*

*I push. First 25 yards.  
I push. Final 25 yards.  
I glide into the wall and grip it firmly with two hands.*

*I am finished.  
No time.  
No place.*

*I am free.  
Don't you love the morning of a big swim meet? All the anxiety and nervousness that builds up and makes one sick. Feelings like these are great. They're like a free energy drink. It drives one to the edge and pushes them over. Then you can't help but climb back out and do it all over again.*

## Jan 22nd Waterville Meet

Anne Uecker will provide our first opportunity to test our New Years resolutions with a very ambitious meet, offering a full slate of fun 25 yd. swims as well as the 1,000 yd. and 1650 yd. swims. Rumors are wafting aloft that many MESC swimmers who are previous sworn sprinters will turn over a new leaf in the new year and try out the distance events. Still others will use Anne's offered 1650 as an official time as a Peaks to Portland qualifier.

For whatever ulterior motive drag yourselves away from the left over fruitcake and take part in Waterville's inaugural meet. Support these new additions to the MESC indoor meet calendar.

NOTE: B.Y.O.C - Bring your own counters!

## Feb 11th PenBay Meet

If you are disappointed with the time you swam for the 1000 at Waterville, immediately send in your entry for the PenBay YMCA meet.

## Feb 25th Casco Bay YMCA

Yet another dedicated Maine swimmer has stepped forward to flesh-out the MESC indoor meet calendar: Sean Carter will host a new meet, the *Casco Bay Churn Challenge*, at the Casco Bay YMCA in South Freeport on Feb 25th.

## Mar 12th Bangor YWCA Meet

Sterling Dymond has organized the best meet Northern Maine has seen in years! Hey all you swimmers at Ellsworth, MDI, Machias, Dover-Foxcroft, U. Maine Orono, and Old Town... We'll be looking for you at this meet! Sterling and his posse have been driving south to support our meets - let's do the same for him.

## Job Openings

### MAINE MASTERS MERCHANDISE

Second Plea - Please beg your injured, bored, or otherwise non-swimming (or just very helpful) spouse or significant other to consider being the storekeeper for our Maine Masters caps, shirts, water bottles and other gear.

Contact Frank Giustra 832-6860 or Brad Burnham 725-5025.

### MESC MEET DIRECTOR

After more than a decade of dedicated service (in various roles) to Maine Masters, picture Frank Giustra making a very Italian gesture with hand raised, fingers together: "Mama Mia. Enough already! Basta! Basta!" At the traditional end of Maine's indoor meet calendar - April/May 2006 - Frank is finally wanting some free time and needs a replacement.

Contact Frank Giustra 832-6860 or Brad Burnham 725-5025.



ME relay at the Great Bay Meet: Son Nguyen, Bill Rupert, Mike Schmidt, and Doug Pride.



# Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
Jan 22 *	Waterville Meet	Alfond Youth Center	Anne Uecker (207) 465-4877
Jan 29	Distance Festival	Bowdoin College	David Vail (207) 729-0879
Feb 11 *	Midcoast Meet	PenBay Y, Rockport	Kristi Panayotoff (207) 789-5166
Feb 25 *	Freeport Meet	Casco Bay YMCA	Sean Carter (207) 712-8853
Mar 12 *	Bangor Meet	Bangor YWCA	Sterling Dymond (207) 942-3148
Mar 18	NE SCY Champs	Harvard University	Distance Day
Mar 24 ~ 26	NE SCY Champs	Harvard University	All Events 400 yds. and shorter

\* *Entry Forms Attached*

## POSTAL CHAMPIONSHIPS

Jan 1-31	1-Hour Swim	O*H*I*O Masters Swim Club
Feb 1-28	February Fitness Challenge	Tualatin Hills (Oregon) Barracudas



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

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