

January 2014 e-News from your Maine Masters Swim Club

MESC Happenings

Keep current with eNews by checking our website www.mainemasters.org <<http://www.mainemasters.org>> select "Newsletter" tab. Past newsletters are also available, all the way back to 2002. Thanks to Ben Morse for making this feature on our website user-friendly.

Fall Meets

The 2013-2014 short course yards and assorted meters swim meets season is under way. The season opened up with the George Erswell Meet at Bowdoin. There were familiar and unfamiliar faces, seasoned and unseasoned swimmers. All swimmers enjoyed coming together to see old friends, and meet and swim with new friends. There was a business meeting afterward, and then a small gathering at SeaDogs, for calorie and carbohydrate replacement.

The next meet was the Bath YMCA Masters Meet. There has been some snafu with getting the results posted on the website, though this should be remedied soon. A few people gathered for some vittles after the meet. When the waitress came to the table, Bill Jones cajoled Donna Edelbaum, stating to the waitress his mother would not be paying the bill for him. Some people can get away with those types of statements.

The next meet was the Portland Masters Meet at Riverton. Highlights at that meet were having Son Nguyen back in Maine for a brief time. Also, Andrew MacKeil provided stroke and turn instruction before the meet. Andrew, who goes by Drew, was a standout swimmer at the Bowdoin meet and then the Portland meet again. He talked about things such as head position: even a little forehead up is a lot of drag. He demonstrated how to work on streamline, with all participants then getting a chance to practice. (See picture.) Drew has an impressive swim resume that most recently includes his swimming career at the University of Maine and his association with the Michael Phelps Skill Center located in Saco, Maine. Check out its' website: <http://www.michaelphelpsskillcenter.com/> <<http://www.michaelphelpsskillcenter.com/>> for a variety of health, swimming and competitive learning opportunities.

MESC Trophy Case

The MESC purchase of the trophy case for the Maine Swimming Hall of Fame is in process. In the last newsletter:

Bob Nelson is instrumental in assisting to gather information for MESC to donate two trophy cases to the Maine Hal of Fame. The Hall of Fame is located at the Bath pool on the second floor outside of the spectator gallery. It looks as though the earliest induction occurred in May 1995 (Harold Paulson), but then there was a gap of six years until in May 2001 there were several inductees, with consistent stream of inductees since then. Olympians who have a presence in our Hall of Fame include Mark Spitz and Ian Crocker. A Maine Masters swimmer in the Hall of Fame is Fritz Homans of the PenBay area.

Another familiar name, and recent (May 2013) inductee is Jay Morissette, the Bath Area YMCA swimming coach.

Not mentioned in the last newsletter was past MESC swimmer, Arnie Green, who also is in the Hall of Fame.

Dec.13-15 New England Short-Course-Meter Championships

There were a number of standout swims at this championship meet this year, as there always are. There have been several articles (for example, http://www.timesrecord.com/news/2013-12-18/Sports/Masters_swimmers_triumph_at_New_Englands.html

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) written about the MESC accomplishments, with some of the statements including:

- The capstone event attracted over 500 swimmers from across the region.
- The “Midcoast Five” — Katrine Alcaide, Dave Bright, Bob Nelson, Dale Syphers and David Vail — all won individual events, relays or both.
- Vail captured first place in seven events, winning the 50-, 100- and 400- meter freestyles, the 50, 100 and 200 backstrokes, and the 50 butterfly. In six events (all but the 50 free), Vail’s times broke the all-time New England records for the men’s 70-74 age group.
- Bright cracked the New England record in the 400 IM.
- Alcaide ... posted New England records in the free, breast and IM events.
- In relay action, Vail and Nelson combined with Maine Masters Bill Rupert and Bill Jones to win the 400 medley and 400 freestyle, both in New England record times for their age group.
 - ***AT THE END OF THE THREE DAY COMPETITION, THE MAINE MASTERS SWIM CLUB ONCE AGAIN CLAIMED THE NEW ENGLAND CHAMPIONSHIP FOR TEAMS IN ITS SIZE CLASS.***

Though the above article focused on mid-coast swimmers, there were a large number of stand-out swims, swimmers, and efforts in general. Kristi Panayotoff returned to Maine from her more recent home of South Carolina and was second highest woman scorer of 201 females. Bill Jones was tied for third highest male scorer of 245 total men. Additional swimmers included Hans Wendel, Mike Schmidt, Andrew MacKeil, Don Zarfos, Son Nguyen (traveled in from North Carolina), Doug Roth, Tim Lecrone, Doug Pride, John Davis, Colleen LePage, and Beth Schiller. Thanks to all the swimmers for braving the not so nice weather and swimming with your best Blue Lobster might. For full results, see <http://scmchamps.blogspot.com/> <<http://scmchamps.blogspot.com/>> .

UPCOMING SWIMMING EVENTS:

For More Information, go to **www.mainemasters.org** <<http://www.mainemasters.org>>

January 19: **Black Bear Masters 1 hour swim** (entry form attached)

January 19: **Bowdoin Distance Festival** (entry form attached)

January 26: **Husson Eagles Masters Meet** (entry form attached)

February 9: **Augusta Meet** (information forthcoming)

February 23: **Casco Bay YMCA Toughen Up Challenge** (information forthcoming)

March 15: **New England Short Course Yards Championships- Distance Day**

Harvard University, Blodgett Pool, Allston, MA. Meet Info forthcoming

March 21-23: **New England Short Course Yards Championships**

Harvard University, Blodgett Pool, Allston, MA. Meet Info forthcoming