

Maine Masters

S W I M C I L U B
N E W S L E T T E R

Club News

Please remember to send your membership renewal to Joyce Brown. This will be your last newsletter under your 2002 membership. A revised 2003 membership form is in this newsletter for swimmers who are presently not member. Don't forget to return to Joyce the renewal she sent you!

The next board meeting will be held January 8th at the China Rose Restaurant in Brunswick at 6:00 PM. If you can attend, even if you are presently not a board member, please come and share your energy and ideas.

Now is the time to look ahead for a balanced meet schedule. Pool reps, please determine when your pool could host a meet, and let Peter and Hans know. With some perseverance and luck, we may be able to hold a meet a month for this season, and for the fall of 2003.

Postal Swim

In the Nov/Dec issue of *Swim* magazine, on page 41, is the entry for the 26th Annual One Hour Postal Swim. This is not sponsored by the postal service, rather this is one of the easiest competitions to enter because you swim when you want, in your local pool. Your results are mailed, hence the name Postal Swim. Eligibility requirements are listed in the magazine. The swim must take place during January, and you need to be registered as a 2003 member.

“My” Bath “Y” Swim Meet - A retrospective -

Or, My Experiences as a First Time Meet Director

By Richard Derector

I am very happy to say that the first ever Maine Masters Swim Meet at the Bath YMCA was a great success. In spite of snow, sleet, and freezing rain 42 swimmers came and participated in a meet that went off without a hitch. Had it been a day of fair weather, I'm guessing that we might have had 60 swimmers. Credit for the smooth running of the meet goes to Aquatics Director Diane Hicks, LRSC swim team coach Jay Morrisette (who distinguished himself in the water as well), and the rest of the Y staff. Diane and Jay were also

instrumental in getting the word out about the meet. Thanks also to Bob Melhorn and his crack officiating crew (even though they DQ'd yours truly in the 50 breast!).

I have many happy recollections about the races, but I think the highlight for me is that all four of the participants in the 400 IM were swimmers who prepared for it at least in part in the Bath Y pool.

The biggest challenge was dealing with the deck entries. There were more than I had anticipated. Next time I'll be better prepared for this part of the process. Thanks to all who participated. See you next time...

New England Short Course Yards Masters Swimming Championships

by Frank Giustra, Jr.

Happy New Year! It is time once again to make your resolutions for your swimming endeavors for the coming year. Make one of your goals participation in the New England SCY Champs at Harvard University in April. For the years 2001 and 2002, Maine Masters Swim Club has placed 4th overall at the meet. Over 32 clubs throughout New England participate every year, and the year 2003 is going to be our year to place higher than 4th. The more members of MESC who participate, the better are our chances of improving our ranking in New England.

Scoring is based on the top ten finishes in each individual event, with 10 points going to first place and all the way down to one point for 10th place. Relay scoring is double. We had 30 members in 2002 at this meet. Lets aim for 50 in 2003. Last year, Maine Master Mudd Sharrigan competed at New England Champs for the very first time,

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MESC Officers

Hans Wendel,	President	hdwendel@kynd.net	564-0060
Pamela Torrey,	Vice-President	pphillip@bowdoin.edu	443-6191
Gerry Brookes,	Secretary	brookes@gwi.net	729-2737
Joyce Brown,	Registrar/Treasurer ..	joyline@gwi.net	725-5394
Frank Giustra, Jr,	Member-at-Large	giustrajr@panax.com	832-6860
Peter Fredericks,	Director of Meets	barbpete@tds.net	645-3092
Claude Bonang,	Recorder	cbonang@blazenetme.net	725-5181
Sandy Potholm,	Historian	spotholm@starband.net	729-0649
Betty Dupuis,	Editor	bdupuis@gwi.net	276-5027



MAINE MASTERS SWIM MEET
Greely High School Pool • Cumberland, Maine

DATE and TIME: Sunday January 26, 2003

9:30am Warm-up / 10:15 Start

FACILITY: Six lane pool with electronic timing.

ENTRIES: There is no entry deadline and deck entries will be allowed. However, early entries are requested and preferred.

ORDER of EVENTS: (Yards)

1.	200	free	8.	100	breast
2.	100	back	9.	50	fly
3.	50	breast	10.	200	IM
4.	200	fly	11.	100	free
5.	100	IM	12.	50	back
6.	50	free	13.	200	breast
7.	200	back	14.	100	fly
BREAK			15.	500	free*

* Swimmers must provide their own counters.

SEEDING:

Slow to fast, regardless of age. "No times" will be seeded in the slowest heats.

AWARDS:

Ribbons will awarded to the first three places in five year age groups for both men and women. White "Personal Best" ribbons are available upon verification of time.

MEET DIRECTOR: Rob Hale (rob.hale@juno.com) or call 207-829-3590
For other MMSC information, visit our Web Site at: www.mainemasters.org

REGISTRATION and MEET APPROVAL DATA:

USMS approval level requested for this meet is

a) Sanctioned ___ b) Recognized _xx_

a) Only USMS Registered Masters swimmers 19 years and older may enter a sanctioned meet.

b) Both USMS Registered Masters swimmers and non-registered swimmers may enter a recognized meet.

USMS liability release waiver must be executed by **all** entrants.

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.

To register as a Maine Master contact Joyce Brown, 166 Hildreth Road, Harpswell, ME 04079. 207-725-5394

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placing 5th and 6th in his freestyle events. Remarkably, Mudd had been swimming competitively for only two years, and is 75! So, set your goals so that you too can score points at the Championships for our club.

The Maine Masters Swim Club men's 65+ relay has been ranked first in the nation for 2001-02 in three events by United States Masters Swimming. Members of the relay team are William Jones, Frank Giustra, Jr., William Reeve, and Arnie Green. The top rankings were achieved in the following events: 800 free, 11:09.47; 400 free, 4:58.55; and 400 medley, 5:59.61. The events were swum at the New England Champs.

Maine Masters Swim Meet
Sunday, January 26, 2003

Name _____

Address _____

Home Phone _____ Club # _____

Age _____ Male / Female (circle)

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

REGISTERED MASTERS SWIMMERS MUST ENCLOSE A COPY OF THEIR CURRENT USMS MEMBERSHIP CARD.

FEES: Meet fee is \$6.00 per entry covering 5 individual events. Make checks payable to Greely Swim Boosters and mail to Rob Hale, 28 Gayles Way, Cumberland, Maine, 04021.

Total Fees Enclosed: \$ _____

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 AR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMES 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 Participant _____

Date _____

Calendar of Events

January 26th

Greely meet, entry in newsletter

February 2nd

Exeter Academy, Exeter, NH.

Contact Tracy Grilli: 603-437-1375
tracyswims@mindspring.com.start.

***February**

Penobscot Bay Y - maybe

***March 2nd or 9th,**

Bangor YWCA. Date to be

determined. Contact Darcey Peakall
peakall927@aol.com

April 12th

Ellsworth meet

April 24-27

Y Masters National Champs

www.ymcaswimminganddiving.org/

*Check Maine Masters' website for entries, when available, or ask someone to do so for you, as these entries will not be published in the newsletter.



Don't wait for a meet to purchase Maine Masters Swim Club goodies.

You can order them now by mail from Frank Giustra, Jr. Fill out the form below and send with your check or money order to:

Frank X. Giustra, Jr. • 110 Robinson Rd. • Waldoboro, ME 04572

MAIL TO: (Print or type clearly)

NAME: _____

MAILING ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PLEASE INDICATE SIZE AND QUANTITY

SWEATS:

Sweatpants: Ash gray with MAINE MASTERS SWIM CLUB imprinted down one leg (S,M,L,XL) \$19 _____
Sweatshirts: Ash gray with MESC logo (M,L & XL) \$21 _____
Ash gray with Puffin logo (M,L, XL) \$21 _____

T-SHIRTS:

Ash gray, long sleeve, with puffin logo (S, M, L, XL) \$12 _____
White, short sleeve with MESC logo (S, M, L, XL) \$10 _____
White, short sleeve, with puffin logo (S, M, L, XL) \$10 _____

BASEBALL CAPS: With MESC logo (*while supplies last*) \$5 _____
With logo and curved lid, custom embroidered \$9 _____

SWIM CAPS: With MESC logo \$5 _____

WATER BOTTLES: With MESC logo \$2 _____

IMPRINTED MAINE MASTERS SWIM SUITS: Black with red trim

Men's Masters Style (6" side seam) Sizes 34-40 \$21 _____
Men's Race Style (3" side seam) Sizes 32-36 \$21 _____
Women's with conservative leg cut. Sizes 30-40 \$32 _____

POSTAGE/HANDLING FEE \$4.00

TOTAL ENCLOSED: \$ _____



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

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