



THE BLUE LOBSTAH

FALL 2013

MESC Happenings

Lots of people are getting excited for WORLDS in Montreal next summer. Visit its official website www.finamasters2014.org for more info. There are qualifying times; but they are fairly relaxed as compared to an event such as USMS Nationals. Check out the swim conversion calculator www.swimmingworldmagazine.com/results/conversions.asp to convert your yards to meters times. These then can be used as your entry or q-times. BLUE LOBSTERS will be there in force; we hope each and every one of you will come and show your claws!!

Use the upcoming **October 27th George Erswell Meet at Bowdoin College in Brunswick** as a beginning tune up. Be there, get excited, and swim fast (or relaxed, if you prefer)! Entry form is attached.

After the Erswell meet there will be our **Team Business Meeting**, per tradition, with pizza. Maybe not so exiting, but it will be fun to see faces. We have a lot of things to discuss, and a quick review of how we have spent money over the year.

Next up will be the **November 17th Bath YMCA Masters Meet**. The Bath pool is a fast pool. Plus, they also run 25 yard distances. Tune up your sprint gears and see how far you can press the needle! Distances of up to 200 are offered, thus for the non-sprinters, come test the efficiency of your octane. Entry form is attached.

The **November 24th Riverton Meet held in Portland** will be another fun one. This is a meters event and will give people practice for meters, for BU (Short Course Meters Championships), there will be a starts and turns clinic prior to the event offered by our own legendary swimmers Mike Schmidt and Doug Pride, AND BEST OF ALL, we have learned that FINA is now recognizing mixed relays for records, and thus, with the help of the incredible Zach Gray and zany and responsible side kick (and newly married) Son Nguyen, some fast, furious and record breaking relays will be made. Entry form is attached.

The fall swim season will culminate with the **Short Course Meters Championship at Boston University on December 13th – 15th**. As always, it promises to be a battle for the border-duel trophy. Please consider joining the fun!! Information form is attached. <0>

An Interview of Brad Burnham#

Our roving reporter, and swimming star, Anne Uecker spoke with Brad Burnham about the George Erswell Masters Meet and the Bowdoin Open Swim Meet...



Brad has been director of the Bowdoin masters swim meet since it first began in 2000 and so this was the 12th year of this annual event. There was a peak of 86 swimmers a few years ago with this high number primarily due to an ongoing challenge with Great Bay Masters. The meet was begun at the initiative of several swimmers, including Sandy Potholm, Barb Murphy, and Pam Torrey. The original intention of the meet was to honor George Erswell. Brad enjoys putting on this Masters meet and the perspective of masters swimmers, specifically that they have a sense of humor when they swim, but also are serious about their performance. The primary challenges when putting on a meet includes making sure programs are printed on time and then managing changes as they are come up during the meet. Brad, however, is very good at both of the above, thanks to his experience running several other large meets each year including the Bowdoin Open and also has a role in the Maine Winter Championship meet.

Brad also is the head coach of the Bowdoin College varsity swim team. Brad himself is more of a recreational as compared to competitive swimmer, and he believes an individual does not need to be competitive at swimming personally to be a good coach. In fact, a noncompetitive swimming coach possibly has the advantage of being more objective. Brad believes that technique is most important in an individual thinking about improving their swimming. Brad himself is constantly thinking about how best to plug technique tidbits into his swimmers brain in order that they make a difference in their actual swimming. A current focus is upon moving, and swimming, more naturally in order to decrease stress on the swimmers body. Brad believes the best swimmers have an intuitive awareness of how to line their body parts up in the water. These body parts consist of an individual's head, rib cage, and hips. Good swimmers are also comfortable having a reduced heart rate while swimming. Brad talked about there being a lot of fast swimmers who are afraid in the water. They might be afraid of not getting enough air, they may have a childhood memory, or fear, of drowning, and they may have an association such as above the surface of the water means life whereas below the surface of the water being associated death. Brad is glad that swimmers no longer have the artificial advantage of the technical suit. Swimmers swimming in the current suits help make the sport of swimming more pure as compared to other sports where winners very frequently are due to an equipment advantage. He believes swimmers are back to caring about the correct goals rather than being concerned with "buying a time".

For the future of Maine Masters swimming, Brad would like to see there be a continuing trend toward an open water swimming community and also consideration being given to "funky" events such as in track cycling where there would be a continuous swim event and then swimmers would be out due to they have completed their 50 yard Lap Behind other swimmers. In Brad's view, events such as this could hold potential for bringing swimmers from Canada and other New England clubs to compete in Maine, thereby increasing the visibility of swimming and contributing to swimming itself being more fun. Brad is devoted to and plans to continue being involved in the endeavor of Masters swimming, not to mention more general swimming, for several years to come.

Thanks Brad for hosting the Bowdoin meet these past dozen years. It's a highlight of the swimming year and something to look forward to as the swimming year kickoff event. Come to the **George Erswell Meet at Bowdoin College on October 27th** and say hi to Brad. <0>

Some Recent Results *by Anne Uecker*

Summer Long Course Nationals at Mission Viejo, CA

MESC attendee: Bob Nelson, lone Blue Lobster, brought home the metal: 6th 1500 m free 24:27; 9th 50 breast 43:47; 5th 200 m breast 3:40.09; 10th 200 IM 3:23.28. Congratulations Bob!

Sebago Lake Swim

2.5 k Tsveta Stanilova 13th/30 females 44:25. 5k Brendan Trainor 11th /13 males 1:41.56; Bridget Convey 10th/18 females 1:37.59; Colleen LePage 13th/18 females 1:48.55. Congrats swimmers!

Echo Lake Swim

Sam "the man" Manhart looked to be the only Blue Lobster in attendance, though I may be wrong. Even so, Sam ruled the waters and was the overall winner in this 1.5 mile swim (32:53). Congrats Sam, for being such a force!!

Bermuda Round the Sound Swim

It was held over the Columbus Day weekend. Susan Knight was 3rd/23 females in the 10k swim 2:50.48, and Rob Benson was 2nd/29 males 2:29.23. Kirsten Read, a southern Maine swimmer who swims for a not-to-be-mentioned team, was 1st/40 females in the 4k. Congrats all!

These results are not all-inclusive. My apologies if I missed anyone.

For subsequent e-news updates, please send info about events, general swimming info, and other contributions to anuecker@roadrunner.com

2013 New England SCM Championship

December 13-15 at Boston University, Boston MA

Meet Website: http://www.scmchamps.blogspot.com/ Check the web site frequently for meet information, updates, problem entry lists, psych sheets, time lines, etc. ENTER ONLINE http://scmchamps.blogspot.com/				
Event Number	WOMEN Entry Time	EVENT	MEN Entry Time	Event Number
Friday 12/13, 4:30 pm Warm Up, 5:00 pm Start				
1		800 Meter Freestyle		2
Saturday 12/14, 9:00 am Warm Up, 10:00 am Start				
-		400 Meter Free: MEN		4
5		200 Meter Free: WOMEN		-
7		200 Meter Breaststroke		8
9		50 Meter Butterfly		10
11		100 Meter Backstroke		12
13, 15	Deck Entry	400 Meter Medley Relay	Deck Entry	14, 15
17		50 Meter Breaststroke		18
19		200 Meter Butterfly		20
21		100 Meter Freestyle		22
23		200 Meter IM		24
25, 27	Deck Entry	200 Meter Freestyle Relay	Deck Entry	26, 27
Sunday 12/15, 9:00 am Warm Up, 10:00 am Start				
29		400 Meter Free: WOMEN		-
-		200 Meter Freestyle: MEN		32
33		200 Meter Backstroke		34
35		100 Meter IM		36
37		100 Meter Breaststroke		38
39		50 Meter Freestyle		40
41, 43	Deck Entry	400 Meter Freestyle Relay	Deck Entry	42, 43
45		100 Meter Butterfly		46
47		50 Meter Backstroke		48
49		400 Meter IM		50
51, 53	Deck Entry	200 Meter Medley Relay	Deck Entry	52, 53
55, 57	Not Scored	800 Meter Free Relay	Not Scored	56, 57



Maine Masters Swim Club
www.MainesMasters.org



UPCOMING SWIMMING EVENTS:

For More Information, go to www.mainemasters.org

***Sunday, October 27th, George Erswell Meet at Bowdoin College, Brunswick ME**

***Sunday, October 27th, Maine Masters business meeting after the Bowdoin Meet**

***Sunday, November 17th, Bath Meet at Bath YMCA, Bath ME**

***Sunday, November 24th, Greater Portland Meet at Riverton Pool, Portland ME**

***December 13 – 15, New England SCM Championship at Boston University, Boston MA**

2014 August 3-10, FINA World LCM Masters Championship in Montreal CANADA



The Blue Lobstah – Fall 2013

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