

The Blue Lobstah

2011 – Building to Harvard

Blue Lobstahs! With the new year comes new goals, new age groups, and the renewed promise of lots of fun at the biggest Short Course Yards meet east of the Mississippi River – New England Championships – again to be held at Harvard University on March 11 (Distance Day) and March 18 – 20. We are looking to get 130 Maine Masters to the meet on at least one of those 4 days. This meet is a lot of fun with lots of time in between events, so you can be sure to do your best times! Because of last year's record turn outs – this year the meet will be capped on the date that the number of entries reaches 850. The online form is available beginning January 31 – so go on in and sign up at the following website: <http://www.meetresults.com/2011/nelmscscy/>

To help you prepare for the meet – and to ensure that you have a good time – here are 6 things to make Harvard your Best Meet ever!

6. Sign up early & online
5. Taper for the meet. Resting for 2 – 3 weeks will greatly improve your swims.
4. If offered 1 tattoo – ask for a matching one – Two lobstahs are extra intimidating
3. Maine Masters always sit right out of the tunnel as you enter the stands above the pool area. We are a very friendly bunch – and Son brings treats!
2. Don't worry about swimming 2 events right next to each other. There's enough rest to do your best in both events!
1. When asked to join a relay – say YES!!

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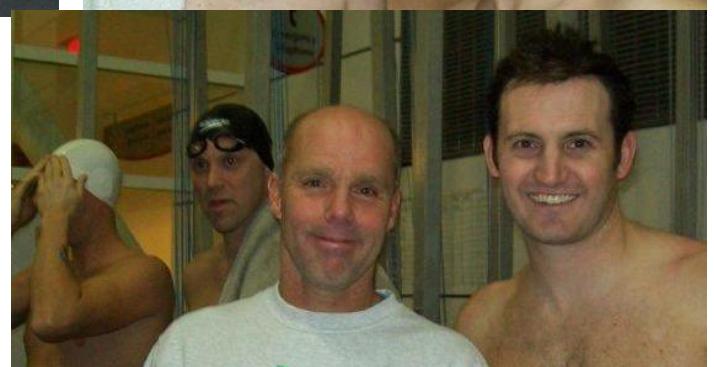
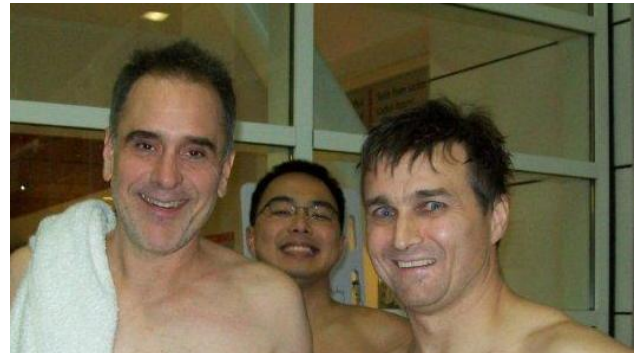
Questions about Maine Masters Organization should be directed to Mike Schmidt at mattimiina@gmail.com

Questions / Comments / Suggestions about the Newsletter should be directed to the Newsletter Editor - Sean Carter at Sean.Carter@td.com



2010 – BU Short Course Meters Meet in Photos

For the first time in 4 years – the Blue Lobstahs came in second the New England SCM Championship meet held at BU in December. However – those from Maine had a wicked good time (and wicked good times) on the 2nd weekend in December. The energy from the Lobstahs was more than up to the challenge easily being the loudest team on (or above) the pool deck. Maine got World Record Breaking swims from Ronnie Kamphausen – and high participation from traditional meet veterans Kristi Pa, Anne Uecker, Cheryl Kupan, Son, Zach, Doug Roth, H. Doug Pride, and Doug Pride. All who participated had a good time – enjoyed the tattoos and some really awesome relays. It bears repeating – we had WICKED AWESOME relays. Phil Kerr, H. Doug Pride, Bill Rupert, and John Davis destroyed 3 New England relay records in the 280+ age group! Lobstahs Rock!



Lobstah's Rocking Comm Ave – BU Style:

Phil Kerr, Bill Rupert, Zach Gray, Doug Roth, Son Nguyen, Doug Pride, Mary Holt-Wilson, Anne Uecker, Cheryl Kupan, Beth Fries, Shawn O'Leary, Mike Schmidt, Maury McKinney, Sean Carter, Bob Nelson, Future Maine Master swimmer Eger Laszlo, Diann Uustal, and Nancy O'Brien-Mackinnon



The Bottom Line – *Sandy Potholm*

With the holidays gone by – perhaps some of us got a new pool “toy” as a gift this year. We reached out to fellow Lobstah’s and asked 2 questions about their favorite pool toys: **1) What’s your favorite pool toy** & **2) What’s your favorite set with the toy...** while this question didn’t devolve to Red Sox v Yankees, most people knew what side of the Bottom Line they were on (except for David Bright...)

KICK:

PULL:

Kickboard!

To save additional shoulder strain, I am concentrating most on maintaining a strong kick. To avoid the boredom of same kick up and backs, I do 100 IM's with the kickboard --- dolphin down, back scissor return, frogleg down and free kick finish. Then I rest this 79 bod before another round.

P.S. Might want to mention that Mudd Sharrigan is my inspiration --- Bill Jones my mentor, and also, there's hair under that cap!

Gene Ernest

My favorite and only pool toy would be my zoomers. They help me warm up and straighten my form.

Mudd Sharrigan

I like using fins to work on fast breakouts. Really get after the underwater kicking so swimmers can learn what life is like as you go from underwater to surface swimming.

Brad Burnham

Pull buoy, but I like to use them with paddles. I most frequently use the in a 200 free.

Petey Ambrose

As for your query, I only use a pull buoy of those toys you mentioned. I use it in workouts since I go faster with the buoy. My legs and feet are a drag otherwise. I do deal with leg and feet problems which is another reason to use the buoy.



Ronnie Kamphausen

I like using the hand paddles and pull buoy together. I usually do this for my cool down...300-500 yards

Sheila Bernier



The Bottom Line – *continued...*

Those that couldn't figure out what "favorite" meant:

When I coach my high school team, I rarely use equipment, often because with over 50 swimmers we don't have enough of anything to go around. I have found kickboards give the impression that it is OK to pick your head up and talk to your friends, and, along with pull buoys, there is the temptation to use them more as a weapon than a training aid. Also, someone has to clean up afterwards, too often me.

Our masters group has swimmers who spend a short time in the pool. I think we can best use that time concentrating on the actual strokes as they want to swim them.

However, when I swim...I do most of my swimming on my own and I find equipment can help break up a longer workout by providing some variety. I like zoomer fins for leg strength and ankle flexibility, small hand paddles for longer swims with a low stroke count, and occasionally the parachute for sprint work.

Dave Bright - Swim coach for the Bowdoin Masters

Going the Distance 2010 – Results!

Congratulations to those Lobstahs who participated in the USMS 2010 Go the Distance event through www.USMS.org. Together – the 22 swimmers swam a total of 3671.84 miles! Participants were eligible to earn free swim caps, water bottles, gift certificates, and free suits! It's not too late to sign up for the 2011 GTD event and log all those miles you've already swum. Visit www.USMS.org today!

Name	Age	Miles	Name	Age	Miles	Name	Age	Miles
Ruth J Beal	F52	14.09	Rob Benson	M42	126.42	Kerry J Black	F62	84.42
Sean Carter	M35	500.34	Derek M Cerjanec	M59	274.01	Sharon Dean	F63	63.66
Leigh Dorsey	F25	120.52	John Gale	M54	558.15	Connie Hallett	F51	7.90
Debra K Hubbard	F56	63.00	Amy Klodzinski	F32	108.41	Son Nguyen	M31	632.29
Dan Ottman	M45	291.11	Alina Perez-Smith	F40	168.36	Linda G Price	F47	67.50
John Shumadine	M43	500.23	Anne A Smith	F51	6.11	Alexander J Szafran	M58	47.93
Maria C Villare	F28	14.58	Joshua L Whalen	M20	22.81			



Poems for Lobstahs

It's true what that swimmers are by far the most friendly of folks. Somehow – getting in a pool generally disarms everyone – and it helps make it fun! Recently – while at a new pool – I met a Kathy Brodsky – who in addition to swimming writes poems about swimming... if you like the poems below – please check out her website at www.kathybrodsky.com for more.

SWIMMING

Swimming is just what I do -	Helps my heart, my arms, my thighs	Love it so much 'specially -	Always on the look-out	When you need a big boost
Incredible I know...	My abs - you bet it does...	It helps me to unink	For a better way to swim -	Both to body and to brain
Good for every part of me -	Moving my legs up and down	Keeps my brain a-moving	See how others do it -	Get yourself to water –
Not only those that show.	Each kick creates a buzz.	While it causes me to think.	I'll ask them then begin.	Start to swim and swim again

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WITHOUT SWIMMING

Without swimming what would I have?	Without the water to unink my bod	Without my usual goggle lined eyes	Without the wet swim suit that hangs out to dry	For all of these reasons plus a million or more
A much weaker body with much looser abs...	I would look lousy and feel like a slob.	I might look so different friends may not know why.	I'd feel something missing in that room – passing by.	I'll swim forever - I'm not keeping score!
Without the water to kick up a storm my heart would be sluggish and too sooner worn.	Without my special swim of the day I'd be less happy Not knowing my way.	Without my usual chlorine smell skin my dog may not know me - ask me where I've been.	Without my great pool friends I wouldn't now know if I hadn't been swimming so long...	2007 Kathy Brodsky kathybrodsky.com All Rights Reserved
			STOP THE SHOW!	



Tech Suits

With the end of the 2010 Short Course Yards season – tech suits – which many Masters swimmers so enjoyed – were retired. Since 2000, and particularly from 2005 on – tech suits were a mainstay in Masters swimming. With the dial turned back – we wanted to begin to understand what was the real impact of taking off the tech suits. Were they really wonder suits or did they just help us mask our prior sins? Assuming they helped us – what was the real gain? By how much should we “reset” our goals for the new year?

To begin to measure this effect – I took the swims from those Maine Masters who participated in the 2010 BU SCM meet – and compared it to the same swims from 2009. Here’s what was found –

Avg % increase by Lengths			
Lengths	Total Of % increase	F	M
02	1.058	1.046	1.064
04	1.044	1.043	1.045
08	1.059	1.055	1.061
16	1.054		1.054
32	1.069	1.061	1.074
60	1.089		1.089

Tech suit impact vs distance - Performance across distance is fairly constant over over shorter distances. 50, 100, 200, 400 – the average increase in time was about 5.5%. For the 800 – the increase in time was 6.9% , and for those who participated earlier in the season a 1500 the increase was 8.9%.

Tech suit impact vs stroke - For backstrokers and IMers – the impact of swimming without the tech suit the least severe. Particularly interesting was that for women – there was only a 2% increase in time. Butterfliers took the biggest hit – at 7% increase in time.

Avg % Increase by Stroke and Gender			
Stroke	Total Of % increase	F	M
Back	1.043	1.021	1.055
Breast	1.051	1.059	1.049
Fly	1.071	1.050	1.083
Free	1.059	1.061	1.059
IM	1.044	1.042	1.046

Tech suit impact vs gender - Overall, the change for women was less than it was for men. This could be because there’s a lot less fabric now covering men. However – the two people with the least impact due to tech suits – were men.

Summary - Tech suits were a significant gain for many people – however – it does not mean that we can not swim fast as Masters. While the average increase in time is 5% (or an increase of 3 seconds for each minute in the water) – it is possible through improved technique to overcome these changes and swim almost as fast.



Winter Swim Season Schedule

February - At the beginning of the month – the meets are designed to be a test of how your fitness and stroke adjustments have set in. You may not get personal bests – but if you are close (and you’ve been working out) – these test meets will put you in great shape for the Championship Season.

March – Championship season begins. Whether it’s Maine Championships or New England’s @ Harvard, this is the time to have fun & rock w/ your fellow Lobstahs.

April – In April – we have options – some folks will taper for Zone or National Meets. (After all the cold and snow we’ve had – 5 days in Arizona sounds really good 😊) And for those who don’t want to travel quite so far – we’ve also got a local meet. A new meet in Westbrook, Maine on April 2. Look for the invitations online at www.MaineMasters.org

February 27th *LOCAL MEET*****

Casco Bay YMCA Toughen Up Challenge
Freeport ME
8:30 Warm Up / 9:15 Start –
Deck Entries allowed

March 10-13

Maine Swimming Inc Winter Championships
(USA Swimming)
Bowdion College

March 12 & 18-20

Distance Day – NEM SCY Championship

March 18-20

New England Masters SCY Championships

April 2 * LOCAL MEET *****

Westbrook, Maine

April 15-17

Colonies Zone SCY Championship
George Mason University Fairfax, VA

April 28th to May 1st

USMS SCY Nationals
Mesa AZ

Help make this your local newsletter better!

The goal of the Maine Masters Newsletter is to help share stories of all of us – Maine Masters swimmers. As the Newsletter Editor, I do get inspired by the stories that I see and hear when I’m by the poolside at a meet – or in the pool at practice. Unfortunately – I swim by myself - so the even though the stories in my head are pretty good – they can not compare to the countless stories and personalities that are out there.

If you have an idea for a story, would like to share a poem, or would just like to know what someone on our team does – when NOT in a bathing suit – please send a note to me at Sean.Carter@TD.com
Going forward I want to showcase the stories of why the Blue Lobstahs make up the best and most interesting Masters swim club in the country.

To all those enjoying their lives through swimming – amen – may you have clear water this season



“The Granddaddy of Challenge Meets”

CASCO BAY YMCA

TOUGHEN UP CHALLENGE

A five-event competition to find the “toughest” masters swimmers. There will be two categories for men and women: Sprint and Distance. Swimmers will swim 5 events and their times will be age graded and added together with the lowest total time in each category taking the title. There will be awards given out after the meet to the Tough men and women.

Sprint Competition

50 Back
50 Fly
50 Free
50 Breast
100 IM

Distance Competition

400 IM
200 Free
200 Breast
200 Back
200 Fly

Please indicate on your entry form if you are intending to accept the challenge. Good Luck.

2007 CHAMPIONS

SPRINT	MEN	TIM LECRONE
	WOMEN	MARY ESTABROOK
DISTANCE	MEN	PIETER DEHART
	WOMEN	BECKY MCKINNON

2009 CHAMPIONS

SPRINT	MEN	ED COLBERT
	WOMEN	JESSICA KNIGHT
DISTANCE	MEN	MIKE SCHMIDT
	WOMEN	CATHERINE STERLING

2010 CHAMPIONS

SPRINT	MEN	DOUG PRIDE
	WOMEN	JESSICA KNIGHT-BEERS
DISTANCE	MEN	MIKE SCHMIDT
	WOMEN	KIVA HERMANSEN

The Fourth Casco Bay YMCA Toughen Up Challenge

February 27th, 2011 – Casco Bay YMCA, 14 Old South Freeport, Freeport, Maine

WARM UP IS AT 8:30. MEET AT 9:15.

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and if you have one, 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 placed in the slowest heat.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		400 IM		2
3		50 BK		4
5		100BR		6
7		200 FR		8
9		50 FL		10
11		100 BK		12
13		200 BR		14
15		50 FR		16
17		200 IM		18
19		100 FL		20
21		50 BR		22
23		200 BK		24
25		100FR		26
27		100IM		28
29		200 FL		30
31	<i>Deck Seed</i>	200 Free Relay	<i>Deck Seed</i>	32

CHECK BOX IF YOU ARE PARTICIPATING IN THE TOUGHEN UP CHALLENGE

SPRINT

DISTANCE



Participant Information

Name _____

Address _____

E-Mail _____

Home Phone _____ USMS# _____

Age _____ DOB _____ Gender **M** **F**

Emergency Contact (*name/phone*) _____

[] Maine Masters (MESC) [] New England Masters (NEM)

[] 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 recognized meet (041-037-RSCY). Proceeds from the meet will go to support the Casco Bay YMCA Strippers Swim Team. Although we encourage meet swimmers to be a member of USMS, all swimmers are welcome and encouraged to experience adult swim competition.

Directions: Take exit 17 off I-95 in Yarmouth to US route #1 north. Go ¾ of a mile and turn right onto Old South Freeport Road, YMCA is the next right. (If you get to the Big Indian you have gone to far.)

Facility: 8 lane, 25 yard competition pool with electronic timing

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

Meet Director: Ben Morse

Contacts: Ben Morse 207-240-2155 or bmorse@usms.org

Fees: The meet fee is \$20, covering up to 5 individual events for mailed entries. Deck entries will be \$30. Make checks payable to **Ben Morse**. (*Mailed entries must be received by February 24th, deck entries will be accepted until 8:45 on the day of the meet*)

Send Entries To: Ben Morse, 84 Hennessey Ave, Brunswick ME 04011

To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074 (207) 615-1299. Or register online at www.usms.org/reg/ and pick MESC.

Waver (*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

Haven't signed up to be a Blue Lobstah in 2011?

This is the last newsletter for those who have not renewed with Maine Masters for 2011. Joining MESC also includes the US Masters Swimming membership. There are many benefits of membership in US Masters Swimming including access to coached workouts, opportunities to participate in fitness and competitive programs, exclusive member services, content and discounts, volunteer opportunities, insurance coverage for activities, and many more. Go here for a more detailed list of benefits:

www.usms.org/reg/content/benefits.

Come swim with us, the Blue Lobstahs of Maine Masters Swim Club (MESC),

www.mainemasters.org

