

MESC Happenings -- October 2014

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.

Also, make sure to visit and like the Blue Lobsters on facebook, <https://www.facebook.com/groups/MaineMasters/> <<https://www.facebook.com/groups/MaineMasters/>>

Top Ten

Top Ten yards times are in the process of being updated. Thank you Dale Syphers for your continued and tireless work on this!

Wedding Bells

Congratulations Zach Gray. Wedding bells were rung for he and Kristen October 11. I wonder if Zach tried to talk Kristen and the wedding party into tying the knot at the Erswell meet? Here's to many happy years together!!

MESC Business Meeting

The meeting this year was held at SeaDog Brewing Company. What type of beer did you have? Just kidding. On a more serious note, our annual MESC business meeting is typically held after the Bowdoin meet. This year, the meeting was attended by roughly a dozen individuals. The meet itself was held early this year, and I don't know about other people, but I felt just a little bit of pressure to be just a little bit ready. Hard to do when it still feels like summer time, lots of other stuff going on, and in the past eight or so years this meet has been held in early November. Even so, roughly 30 or 35 hardy souls did attend and swim in this meet. As usual, the meet was fantastically run and the opportunity to reconnect, even if brief, was invigorating.

Big news is due to the resignation of Mary Estabrook, we have a new vice president. Thank you very much Tim Lecrone for stepping up. Tim is a great candidate for this job and will help to breathe new energy into the Blue Lobstahs. Tim as VP is particularly advantageous due to he and I have a regular opportunity to connect due to swimming out of the same pool. Tim has a lot of great energy and ideas. I think the synergism between he and I will cumulatively begin to draw more individuals into administrative aspects of MESC and also to swim meets in general.

Other changes include Pam Torrey will join Carrie Carney as a second member at large member. AND ... we have three regional representatives: Mike Sever in the North, Simon Wignall in the South, and Tim Lecrone will cover the Central area. The regional representatives will be collecting updated information and needs of the masters swimmers at pools across the state.



Pictured to left is Tim Lecrone connecting with Rowdy Gaines at the recent USMS convention in Florida. Tim has come back packed with information, ideas and enthusiasm!

In addition to the above, other board members include myself, president; Bob Johnston, secretary; Tsveta Stanilova, treasurer; Ben Morse, website manager; Dale Syphers, Top Ten coordinator; Zach Gray, meet director; and Son Nguyen, continuing to be involved with aspects of his past position as treasurer and registrar despite his now residing in North Carolina.

Swim Meet News

- We plan to begin to offer "swag" at swim meets. This may be a free t-shirt, bathing cap, small towels, and who knows?. Meet swimmers can look forward to such perks as a meet "swag bag" and heat winner awards. The try out meet for this will be the Waterville meet.
- More 25s! Rumor is 25s may be eventually be recognized as an official and legitimate distance. The current plan is that top times will be kept on the USMS website, but not officially recognized. Let's see what happens in 2016.
- Fun relays. Bring your fins to the meet for a fin relay? T-shirt exchange? Tarzan swim? Corkscrew? Sculling? Kick with a kickboard relay? Etc.

Upcoming events

Sunday Nov 9: Riverton Meet, (This is short course meters meet and a good tune up for the New England Masters Short Course Meter Championships at Boston University.)

Sunday, November 16: Bath YMCA Meet (This is short course yards meet and has 25s [always has])
December 12-14: New England Masters Short Course Meter Championships at Boston University.
Meet Entries will open November 1st! (see <http://scmchamps.blogspot.com/>
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SCM Boston University T-Shirt Design Contest

2014 New England Masters Short Course Meter Championships T-Shirt design contest (see <https://www.facebook.com/SCMChamps> <<https://www.facebook.com/SCMChamps%20>>). Make sure to submit your design by Nov 1 for a chance to win a FREE meet entry!

Stay Tuned (dates to be determined)

- **MESC Swim-Workshop Day!!** Like a mini conference packed with brief workshops and associated activities designed to improve not only your swimming, but your day to day life!!
- **Yoga with a specific emphasis on shoulder health**
- **Dryland Activities for Swimmers**
- **USRPT (Ultrashort Race Pace Training)**
- **Meditation**
- **Healthy Eating/Potluck**
- **Socializing!!!!**
- **Waterville meet**
- **Husson meet**
- **Freeport Meet (Toughen Up)**
- **KVYMCA (Augusta meet)**
- **New England Masters Short Course Yards Championship (Harvard University)**

USMS Adult Learn to Swim (ALTS) Certification -

Bill Meier, chairman of NE-LMSC, has been involved with USMS in the creation of the NEW ALTS certification program, which is planned to be rolled out in January 2015. As a certified ALTS Instructor, you will have the training and backing of USMS to run your own ALTS program, teach adult swim lessons, and train volunteers for the April Is Adult Learn To Swim Month initiative.

There will be two beta tests for the class, the first of which will take place in New England on January 17th at Bard College at Simon's Rock in Great Barrington, Mass. The course will cost the general public \$295. This price has been discounted to \$100 for NE-LMSC members who participate in the first beta-test class. For those who require more financial assistance, your NE-LMSC Board of Directors has authorized an additional \$50 subsidy if needed.

You can help NE-LMSC make this offering the best it can be by taking the course and providing thoughtful feedback after the class is done. If you are interested, please see the USMS website for more information and write to Bill Meier at nechair@usms.org <<mailto:nechair@usms.org>> if you need the additional \$50 subsidy.

USMS Registration for 2015

Please be sure to try to take advantage on-line registration: <http://www.usms.org/reg/register.php> <<http://www.usms.org/reg/register.php>> . Select "MESC" and then conveniently printing your own USMS ID Card at the completion of online registration. As for the MESC side of things, Son will be working to complete registrar duties with Tim helping out.

FINA WORLDS at Montreal (from Bill Jones on September 22 -- I hope he does not mind the general distribution; see [Blue Lobster Montreal Results.doc attachment](#)).

Dear teammates,

The stuff below isn't too timely anymore. I did it soon after World's but it's mowing and firewood time right now.

There are probably errors. The data provided by the meet seem to me, on a number of cases, to be suspect. I may have missed some splashes and probably made typos.

First, an explanation. It's by relays, then men's individual, then women's individual. It's grouped by event and age group. Then come name, age (the 1st time), place at World's, time, and then, in parentheses, the place that time WOULD have gained at US Nationals at College Park MD (where we were actually represented by Son & Kristi). For instance, our 200-239 mixed 200m medley relay of Jodi Ryan, Mike Scholtz, Mary Estabrook & Dale Syphers took 23rd in Montreal. What does that mean? Well, at the US-only championships, they would have been 3rd! Anne Uecker's 28th in the 100m back at World's would have been 4th at US Nationals. We would have had a number of national champions. (That would have included me in 2 cases because, at US Nationals, nobody swam those events in my age group!)

The times with pluses mean that the time didn't make the FINA qualifying cut off. That happened to a few of us. If you look at the results, it also happened to hundreds of others so don't feel bad if you are one. The annoying part is that, in these cases, FINA doesn't give us the time. We just don't know. So, I have given the cut-off time with a plus. In most cases, I can guess pretty close to what the missing time was and figure out where they would have come in at College Park.

In retrospect, we had a fantastic show. And that's in spite of the absence of a lot of our big guns.

The effort and the adjustments Zach & Son went through to hold those 24 relays together is overwhelming. We didn't get any world relay medals, but a bunch of those relays would have got US National medals. I'm still bummed out that we couldn't field our dream 80+ mixed relays and our good 70+ men's relays, but a lot of us have to work and/or have physical problems with our held-together-by-duct-tape bodies. Just getting 24 teams there and to the right starting blocks at the right time was a production. And only 8.333% of our relays got disqualified. I don't trust the electronics on this, but there's no going back.

Katrine Alcaide was our only gold-medal winner in the 50m free. We had 17 medals, mostly won by women. I didn't get to see the women (which was a major downer); would Vanessa Williamson have won the 200m fly but for her controversial DQ? That must be hard indeed.

Those of you who got high World place numbers should remember that all is not fair in this business. Some of you had hundreds of competitors. All you have to do is wait until my age, and then swim the weird events. Of course lots of people are going to beat you in the 50m free. Swim the 200m fly or 400m IM and get old. My 4th in the 200m fly is impressive, right? Yes, unless you know that I was last of 4 be a healthy margin and that all 4 in the next age group up (80-84) also beat me. I was sooo behind the next guy that I didn't bother to warm up, even to shower. So hang in there for a few more decades.

I'd like to brag about three of my close buddies. Hans Wendel again had a near-death medical emergency in December, didn't work out much, and came back to medal in the 200m breast. Susan Rardin, who came out of retirement recently, got 2 16ths, a 25th & a 32nd. If she had been born 3 days earlier, the same swims would have garnered 11th, 13th, 15th & 20th. New Maine Master John Haggmann of New Haven CT had not swum competitively since high school in 1955. (He did dive between 1955 & 1959 and plays golf, though Kristi points out that that isn't

aerobic.) With very little training he cleared the qualification time in the 50m free and made 4 relays possible. They placed 8th, 13th, 16th & DQ. John did coach for a while. The electronic info says that all of his relay starts were faster than those of almost all of us. According to the officials, one of his 4, and one of Tim's, were a teenie bit too good.

Beforehand, FINA said there were going to be 7794 competitors from 101 countries. That includes water polo, diving and synchronized swimming. There were 97 countries represented in fact. How many swimmers were there actually? We don't know, but clearly too many if you wanted to warm up. L'organisation a laisse a desiree. Shuttles didn't work. Locker rooms, showers, toilets and drinking water, as well as heat sheets and results were less than ideal. But we survived. And the Maine Masters Mansion was magnificent. All we had hoped it might be but never dared to think it would be. The subway was nearby and worked beautifully. Montreal is really beautiful (and just a big and close to Maine as Boston!!). I don't know about you, but Judith and I ate WELL. Norwegian, Italian & Afgani meals out!

Thanks, Bill, for your very nice summary! I am sorry I did not get it out sooner. Also, congrats to all the Montreal swimmers. Nothing like a meet like that to bring groups together!

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Last but not least, any articles, pictures, swim stories, swim cartoons, etc that you would like to have considered for the next MESC Happenings send to anuecker@roadrunner.com <mailto:anuecker@roadrunner.com> .