



# Maine Masters

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

## New Team Assembled to Lead MESC

Sean Carter

On November 7, a new team of people will be selected to lead MESC. Some of these people have been volunteering in one form or another for 12 years on behalf of MESC, some are newbies. Each of the proposed officers (see the list later in the newsletter) has a different background, but share a common goal. They take on the challenges such as registering 150 - 170 swimmers, making sure that NEM does not lose or co-opt the registrations. They organize swim meets in Maine, hire officials, rent pools, keep records straight, maintain our web site, maintain the books, and file taxes for organization. In a sense you have for your approval at the November 7 annual social & meeting is an interesting mix of people whose goal it is to make Masters swimming in Maine, more accessible and more fun.

Throughout this issue, there are notes from outgoing officers, and invitations from incoming officers to get to know you and the people that you swim with better. There are articles about how to plan for the new season, and tips and tricks from fellow Masters swimmers to get you back in the pool. This is where **Feedback is the Breakfast of Champions**. Please tell us what you would like out of your swim club, MESC. You can send your comments to [scarter@banknorth.com](mailto:scarter@banknorth.com).

A special **THANK YOU & GOOD LUCK** to those officers that are leaving the board. We will miss you. ❖SC

### INSIDE THIS ISSUE

- 2 Messages from the Registrar & New Meet Director
- 3 Registration Form for 2005
- 4 5 Thoughts for Better Training
- 6 Bath Swim Meet Announcement
- 5 The Bottom Line - What does it take to back into pool after a layoff?

### MESC NEW MEMBERS

**Ron Demers** of Lewiston

**Nancy O'Brien-MacKinnon** of New Harbor

**Son Nguyen** of South Portland

### MESC Events Calendar

**11/7 - MESC vs GBM II - SCM Meet** - Portsmouth, NH - 8:00 AM

**11/7 - Maine Masters Annual Social & Meeting** - 5:00

**11/14 - Bath Sprint Meet** - Bath YMCA - 10:00

**12/3 - NEM SCM Championships (800 Free Only)** - Wheaton College, Norton, MA - 5:00 PM Warm Up - 5:30 PM Start

**12/4-5 - NEM & Colonies Zone SCM Championships** - Wheaton College, Norton, MA - 8:00 AM Warm Up - 9:00 AM Start

Corrections from the September / October Newsletter  
**Good News** - No one sent in any corrections from the last issue .  
 ☺ Please send in any comments or corrections about this issue to [scarter@banknorth.com](mailto:scarter@banknorth.com) ❖ SC

## More Meets = Merrier MESC

Frank X. Guistra

Thanks Peter Fredericks for a job well done as Maine Masters Swim Club Director of Meets from 1999 - 2004. Upon the loss of our former director, George Erswell, Peter volunteered to fill the vacant position. George served as director from the formation of our club in 1988. It was not an easy job to fill George's shoes; nevertheless, Peter was up for the task and has done a fine job. Peter is now passing the baton to me.

As the new director of meets, I wish to extend to all workout groups an invitation from me to visit your pool site to discuss the possibility of having a Masters Swim Meet. If you are interested in not having to travel too far to your next MESC meet, please contact me at [giustrajr@peoplepc.com](mailto:giustrajr@peoplepc.com) or call me at (207) 832-6860.

As November 1, all inquiries concerning both sanctioned and recognized Masters swim meets should be directed to Frank X. Guistra JR at 110 Robinson Rd, Waldoboro, ME 04572. All Masters swim meets require authorization from United States Masters Swimming (USMS). As Director of meets, I will contact USMS for an authorization number for all Masters Swim Meets held in the state of Maine. Once again, I would like to thank Peter Fredericks for serving as our Director of Meets over the past four years. His efforts on behalf of MESC are appreciated. ❖

## New Boothbay Swim Group -

Frank X. Guistra

A new masters adult swim group got underway on September 27<sup>th</sup> at Boothbay Region YMCA under the direction of Michelle Poulin. Each 14 week session is open to both YMCA and non-YMCA members.

Michelle Poulin is the assistant Aquatics Director at the Y. She can be contacted by email: [mpoulin@brymca.org](mailto:mpoulin@brymca.org) or by telephone: (207) 633-2855. The Y address is 261 Townsend Ave. (PO BOX 500) Boothbay Harbor, ME 04538.

Michelle's workouts are geared to all ability groups. They are designed for both competitive and non-competitive swimmers with individual stroke analysis available. Contact Michelle if you are interested in joining her group by telephone. ❖

## Message from the Registrar

Joyce Brown

After 10 years as MESC's registrar and treasurer I am finally stepping down as of our Annual Dinner Meeting on the 7<sup>th</sup> of November. I have enjoyed the job very much even though this last year has been very frustrating with all the problems we have had with the NELMSC. It has been great dealing with all the members. I think swimmers are a special breed of people and I thank all of you for making these last twelve years very memorable (two years as president – remember when?!).

You will be voting at the meeting on two very competent people who will be taking over my two positions. Laura Lee is on the slate for registrar and Barbara Murphy is on for treasurer. I am sure they will serve you very well.

The 2005 MESC application form for new members is enclosed in this newsletter. **All 2004 members will receive a renewal form from MESC's new registrar Laura Lee. Also please forward change of mailing address or e-mail address to Laura Lee, 168 Hacker Rd., Brunswick, ME 04011 or [llk@suscom-maine.net](mailto:llk@suscom-maine.net)**

❖

### Current MESC Officers - Thank you!

Hans Wendel, President	Pamela Torrey, Vice President
Gerry Brookes, Secretary	Joyce Brown, Treasurer / Registrar
Peter Fredericks, Director of Meets	Sandy Potholm, Historian
Frank Guistra, Jr., Member at Large	Kris Morse, Recorder
Sean Carter, Newsletter Editor	

### 2004 - 2006 MESC Proposed Officers

Brad Burnham, President	Pamela Torrey, Vice President
Elizabeth Packard, Secretary	Barbara Murphy, Treasurer
Laura Lee, Registrar	Sandy Potholm, Historian
Frank Guistra, Jr., Director of Meets	Kris Morse, Recorder
Sean Carter, Newsletter Editor	Ben Morse, Web Master
Hans Wendel, Member at Large	

**MAINE MASTERS SWIM CLUB  
2005 MEMBERSHIP APPLICATION**

*Please PRINT clearly. Register with the same name you will use in competition.*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Init. \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth (mm/dd/yy) \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Pool where I swim \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

“ By providing your e-mail address to Maine Masters Swim Club (MESC), you agree that MESC will from time to time send you information about MESC Events and that MESC will not give out your e-mail address for any reason unless by summons from law enforcement personnel. You always have the option to remove yourself from the e-mail list at any time.”

- I would like to receive the newsletter by e-mail.
- Contact me about opportunities as a MESC volunteer.

Benefits of membership include a subscription to the bimonthly SWIM magazine through Nov./Dec. 2005. USMS registered swimmers are covered with secondary accident insurance in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered and in USMS sanctioned meets where all competitors are USMS registered.

For more information about MESC: [www.mainemasters.org](http://www.mainemasters.org).

**Annual membership dues for 2005 are \$32** if you join between 11/01/04 and 8/31/05. Membership dues are \$25 if you join between 09/01/05 and 10/31/05.

Membership expires 12/31/05.

MESC Membership dues		
MESC Donation (Tax deductible)		<i>Optional</i>
Donation to International Swimming Hall of Fame		<i>Optional</i>
Donation to USMS Foundation		<i>Optional</i>
2005 MESC Top Ten Times in SCY -- \$2		<i>Optional</i>
2005 MESC Top Ten Times in SCM & LCM -- \$2		<i>Optional</i>
Total amount enclosed		Payable to MESC

Liability 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 OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES 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 INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Mail your check payable to MESC and this signed and completed form to Laura Lee, MESC Registrar, 168 Hacker Rd., Brunswick, ME 04011.**

# Five Thoughts for Better Training for Masters Swimmers

Ben Morse

As you start to think about the upcoming season you undoubtedly are thinking about your swimming goals. Part of that thinking you should be your training and what work will be required to meet your goals. Here are five things to think about when you are planning your training:

1. **Fast swimming.** One of my high school swim coaches started the season by telling us, “The only way to swim fast is to swim fast.” We all thought he was nuts, but there a great deal of wisdom in his words. Race simulation is the best preparation for racing, yet still very few masters swimmers seem to spend a lot of time doing short swims on long intervals. Squeezing every yard into the short time they have to practice is generally the name of the game for most master swimmers. However, as we age, our muscular endurance increases naturally while our fast twitch muscle decreases. “Anaerobic” and “anaerobic threshold” work is very important for masters swimmers in order to maintain and improve speed. That is why you should plan time once a week (depending on your training schedule) to do short distance swims with long intervals. Start small and work your way up in reps and distance. Another way of increasing speed is to make time at the end of practices to do 25 yard repeats at a fast speed to keep your muscles thinking about fast swimming. This also allows a swimmer to work their technique work into their fast swims.
2. **Kicking.** Many of us loathe the idea of kicking. It’s slow, it hurts, and there are definitely times when it doesn’t seem to make us any faster. The fact, though, that kick can make you faster in ways other than just propulsion. Kick is a great way to push your anaerobic threshold since you are using the largest muscles in your body (oxygen is burned up faster in your legs than with the muscles of the upper body). As I mentioned above, many masters swimmers do not do enough anaerobic work – kick can be another tool to help fill that void. Kick also can help teach good body alignment in the water, especially when done *without a kick board*, as well as help stretch and lengthen the muscles in your ankles and feet. One of my favorite kicking stories is one that Phil Whitten wrote about several years ago in SWIM magazine. There was a sophomore at the University of Michigan who, coming off his freshman year, was an All-American distance swimmer. He injured his shoulder in an accident that fall and spent a majority of the season’s practices kicking. At NCAAs that year, he went on to win the 400IM, a feat he attributed to his season of kick.
3. **Swim all the strokes.** Another one of my former coaches once said to me, “If you can’t swim all four strokes you aren’t a swimmer.” I’m not sure I would go that far, but practicing all four disciplines is a great way to become a well-rounded swimmer. When put together in IM work, it can be a great anaerobic workout, and it helps train different muscle groups and stretch out some that are too tight. It also makes workouts more interesting, and allows you to add a few more events to your repertoire at swim meets.
4. **Have a plan.** Swimming becomes much easier when you have a plan. There is a fine line between a plan and a routine. Routine can become a boring repetition of the same event, and people often become a slave to routine. A plan, however, is a set of mini goals and things to accomplish for each week. It is flexible and needs to fit into a weekly routine, but can stay in place when things get hectic. The plan should build on the accomplishments of the previous week and look forward to what is ahead. Have a plan for yourself for each week – not just knowing when you are going to the pool, but what kind of workout you are going to do when you get there. When you do go to the pool, have your workout written down if you are swimming by yourself. There are many places to get workouts on the internet these days. The USMS website ([www.usms.org](http://www.usms.org)) is a good place to start looking. Make sure you mix up the workouts and don’t repeat the same ones week after week (or you will run the risk of your plan becoming routine). The beauty of swimming is there are a million different ways to achieve the same end. Your plan will become the road map to the goals you have set for yourself.
5. **Be consistent.** Whether you swim one day a week or six days a week, for 30 minutes or 2 hours. Try to be consistent about your training from week to week. If you swim 5 days one week, but only one day the next week and so on, it will be difficult to maintain your training and remain motivated. Scale back to a level that can be maintained consistently. This goes for the volume of yards and the intensity as well. Remember that rest is also an important part of training and it needs to be consistent as well. Slowly increase your intensity, yardage and days in the pool as you see yourself continuing to improve. You will see consistency payoff in the end as you achieve your goals.

## **Five Thoughts for better Training for Masters Swimmers - Continued**

Now that you have these ideas to think about, go back and review your goals and decide how you intend to achieve them. Maybe you will find you can set them a little higher with some smarter training. ❖

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### **The Bottom Line**

Sandy Potholm

This issue we examine how to get into the water for the first time this season, this month, this week, (even this year). A lot of members provided several interesting perspectives on the subject. If you are in need of a "special trick" to get you back in the pool, perhaps one of these will work for you. Good Luck!

This is a tough question. I primarily get in the pool for fun. It still feels great just to get in and see how smoothly I can move from one end to the other. I also get in to gain perspective on the technique I teach. It helps to utterly frustrate myself from time to time so I don't have to feign empathy when I coach. I will go with the things I hear from many of the athletes I have coached.

I think the bigger battle is actually that first step; getting to the building itself. Making exercise a priority in our lives is tough when so many other things seem to pull in other directions. If people could just get themselves to the parking lot I think getting in the pool would be a piece of cake. Setting up your life to allow for a consistent window for exercise (hopefully at practice time) can be the best way to ensure you will get the swim in.

Some people find it useful to set short term goals which is why they clamor for more local meets like the ones at Bowdoin or in Bath (Oct 30 & Nov 14). A competition can really motivate someone to make time for practice, push a little harder while in the practice and it gives people a concrete thing to tell others about so they see the point of all that practice.

I also think it can help to workout with a group or even one person. Knowing that someone is expecting you can do wonders when you are trying to get through the rough spots. Teammates also help you get through the toughest sets.

When those things don't work I usually resort to yelling and threatening - it keeps Fred Pierce and Arnie Green coming back. **Brad Burnham**

I find that I have days when it is hard to make myself go to the pool. I don't find it hard to go when I am attending a "Brad" workout, but I sometimes hate going by myself. When this happens, I usually tell myself that I will just go and swim for a short time. Almost inevitably I end up swimming a full workout once I get in and get going. I also find it helps to swim workouts that are different than something I would normally do--swimming different strokes or really focusing on an aspect of one stroke or turns. In the back of my mind, I always know that I will feel better if I do swim, which is pretty good motivation! **Pam Phillips**

I am not a serious competitive swimmer, but I swim workouts a lot. I like workouts much better than meets. I swim all year long. I do it because it makes me feel good, and because it keeps me in good physical condition. I've been doing this, along with some strength conditioning, for about 20 years. I feel that the reason that I've been successful at keeping going at it is that I don't set goals for myself. This is in contrast to the prevailing view that you should have goals.

Every year in January I see lots of "New Year's Resolutions" show up at the Y with great intentions. By late spring most of them have disappeared. I think it is because they set goals for themselves, which they have been advised to do, and as soon as they have difficulty making the goal they just give up and stop. For instance, if a goal is to workout 4 times a week, and for a week or two they can only workout 2 or 3 times they get discouraged and quit. In my case if I only get to the pool 2 times instead of four, or can only workout for a half-hour instead of an hour, I call that good - on the premise that something is better than nothing. Which is not to say that I don't demand a lot of myself, I do - but the important thing is to keep going. Maybe the fact that I am not competitive works to my advantage in this regard. In any event, I keep on swimming. **Richard Derector**

What keeps me motivated in swimming is seeing the girls in their bathing suits. It makes me feel young and want to remain young. It also makes me do another 1000 yds. after the workout. And if Arnie says anything different, he's lying. **Fred Pierce**

## The Bottom Line - More Motivation Techniques - *Continued*

I basically get motivated by going to meets. I swim alone most of the time so I am tickled when I can rub shoulders with my fellow swimmers. I get hyped when I age up and consult the records to see if I have a shot at any of them.

Aside from the above, I get keyed up going after certain guys (they may know who they are!). There is something about standing up on the blocks and going after the fellow in the next lane, especially if I routinely am placed in the same heat. I know they get revved up trying not to let me accomplish my purpose, so it works both ways. Another plus, is when I beat that male teammate and the results sheet places me (by accident, thinking Ronnie is a boy) in with the men... and I beat them!

Workouts are another issue, but I like being "directed" by Richard at the Bath YMCA on Saturday mornings! I figure to stop working out would make me an unhappy camper. I like to think a hard workout uses those body cells that have been just sitting there. Use them or lose them, right? **Ronnie Kamphausen**

Sean Carter  
44 May Meadow Drive  
Gray, ME 04039

ADDRESS CORRECTION REQUESTED

## The Bottom Line - More Motivation Techniques - *Continued*

Well, to get myself back to exercising at all after a lapse, I tell myself I only have to work out for five minutes. That usually gets me back to doing a routine, because I always work out for longer than five minutes. I tell myself, though, that five minutes would be okay is that is all I can do. **Marianne Jordan**

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### Bath Swim Meet - November 14 -

Richard Derector  
There's still time to register for the Bath YMCA Masters Swim Meet. This meet will focus on shorter distances. There will once again be 25 yard swims of each of the 4 strokes. The major addition to this years meet will be a 100 yard medley relay and 100 yard freestyle relay at the end of the meet. Both relays will be deck seeded, so you can get teams together during the course of the meet (swimmers will be given forms to use for this purpose). Please go to the Maine Masters website for the Entry Form and a complete listing of the meet events.

