

# Maine Masters

S W I M C L U B

N E W S L E T T E R

## George Erswell Meet

by John Woods

The annual October masters meet at Bowdoin College was started in 1989 by George Erswell, who co-founded Maine Masters Swimming, and by Sandy Potholm. Upon George's death 6 years ago, Sandy named the meet after George and continued the tradition.

Meet Referee Bob Mehlhorn, Starter Lloyd Coombs, and other judges Dr. Sandy Zimmerman and Susan Tourtillotte have been with us almost without exception every one of these years. Ever helpful Bob Mehlhorn prefaced the start of the meet by informing everyone of the two recent FINA



rule changes: (A) one (only) dolphin kick is allowed off the wall in breaststroke; and (B) in the backstroke start the feet may be above the water on the wall, as long as the toes are not wrapped around the gutter.

Brad Burnham's well-run SCY meet drew what usually turns out to be the largest number of meet participants for the entire swim calendar

year. 65 were entered, 62 showed. We are all so thankful to Brad, Sandy Potholm, Barbara Murphey, and to a host of Bowdoin College swim team members.

This meet was the first half of a chal-



Great Bay's Relay Team

### MESC Board Members

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Web Master	Ben Morse	729-9025
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Asst. Editor	Kristi Panayotoff	789-5166



lenge issued by the Great Bay (NH) Masters. The second half of the challenge occurs at Great Bay's Portsmouth High School Pool on Nov 6.

It was a special pleasure to welcome new Maine Masters meet participants like Carrie Carney (Camden), Charlie Washington (Brunswick), and come-back-kids like Dave Metz (Rockport).

Pam Torrey and Anne Uecker put up fast times in their respective age categories. So did Ben Morse (33), Andrew Thomas (47) and Great Bay swimmer Ed Gendreau (43). The "triplets," David Vail, Bill Rupert, and Fred Pierce, gave their usual steller performances.

And now for the unbelievable: Norman Seagrave, two months short of his 90th birthday, competed in the 50, 100, and 200 yard backstroke events. At 89, he is the oldest person ever to swim for a New England LMSC swim club. (Connecticut, where Gus Langer swam well into his 90's, is not a member of NE LMSC.)

Mike Ross (37), from Shrewsbury, Massachusetts set an all-time all-age Bowdoin pool record of 22.87 in the 50 yard fly. It will be interesting to see if Brad Burnham breaks out the scaffolding to change the pool's record board for a 37 year old masters swimmer.



### Faces in the Crowd at Bowdoin

*(clockwise, from left)* Hans Wendel shows us his superhero shark-skin suit; Katherine Torrey, with mom Pam Torrey and Anne Uecker; Peter Fredericks; Scott Redmon; Stan Hansen; Ben Morse; Laura Lee and Toby Brewster.



*photos by D. Roth*



## MAINE SENIOR GAMES

*Riverton Comm Ctr Pool, Portland, Maine  
Sept 8 and 9, 2005*

A property of inertia: A body/matter in motion tends to stay in motion. This staying-in-motion tenet of physics is exemplified by several Maine masters swimmers. They swim actively, they keep showing up at meets, AND—at the meets, like the robotic beasts in Star Wars, they kind of tromple over their competitors. These familiar Maine masters effected the following “damage” at the Maine Senior Games, Sept 8 and 9, at Portland’s Riverton Community Pool: ALL SC Meters

Joyce Brown(68): 1<sup>st</sup> in 100 breast, 1:02.19; 2nd in 50 free, 59.45.

Ronnie Kamphausen(71):Firsts in 200 free,3:13.72, 50 fly, 51:00, 50 free, 39.53; 400 free, 6:39.67; 100 free, 1:58.87

Betsy Packard(72):First in 100 back, 3:16.24, Seconds in 200 free,4:54.93, 50 free, 1:03.47, 400 free, 10:36.50

The “Sixty-two-Crew”: David Vail, Fred Pierce, and Bill Rupert.

David Vail: Firsts in 200 free, 2:38.96, 50 fly,

35.31, 400 free, 5:41; 100 free, 1:10.69, 100 IM 1:22.61.

Fred Pierce: Firsts in 200 IM, 3:19.04, 100 breast, 1:33.96, and 200 breast, 3:23.79. Seconds in 400 free, 6:07.50.

Bill Rupert: Firsts in 100 back, 1:26.12, 50 back,39:02, 50 breast, 49:49, and 200 back, 3:07.39. Second in 200 IM, 3:36.75.

Peter Fredericks(65): Firsts in 200 free, 3:10.97, 50 breast, 44:34, 100 free, 1:24.64; 100 breast,1:38.67.

Hans Wendel(69): First in 200 breast, 3:53.42. Seconds in 50 breast,47.15, and 100 breast, 1:49.93.

Claude Bonang(75): Seconds in 50 free, 48.29, and 50 back, 1:05.53.

Mudd Sherrigan(78): First in 200 free, 4:19.26. Thirds in 50 back, 1:13.76.

John Woods(87): Firsts in 200 free, 5:58.94, 100 free, 2:40.17, and 50 free, 1:15.20.

John White(89): Firsts

in 100 back, 2:14.71, 50 back, 1:01.63, and 200 back, 5:10.73.



*Peter Packard / Ronnie Kamphausen*

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## JOB OPENINGS/ HELP WANTED/ HELP FOUND

### NEW SECRETARY NEEDED

Maine Masters is seeking someone to serve as secretary for the year 2006. Interested candidates please contact Brad Burnham.

### MORE ASSISTANCE WITH TOP-10

Many thanks go out to computer guru Dieter Weber, who has offered to lend a hand to Kris Morse in updating the Maine (state) Top Ten records. Dieter chopped the heck off his times at the Bowdoin meet; maybe having a pointy head helps the streamline.

### BUY MESC Goods!

Swimming greatly improves our health, and now Maine Masters can also help you reduce that pesky home heating bill!! It is far cheaper to insulate your body warmth than it is to heat an open space. (Every degree you turn up the thermostat is 3% of your heating bill). The remaining Maine Masters sweat shirts and sweat pants are now being sold at a bargain 30% off. Margaret Wendel graciously stepped up during the Bowdoin meet to serve as a temporary merchandise purveyor. These bargain body insulators will be on sale at the Bath meet. Maine Masters is looking for someone, or some-two to handle the “business” of all the Maine Masters & USMS merchandise.

# The Bottom Line

by *Sandy Potholm*

**“Do you do the wave breaststroke? Is it appropriate for older swimmers?”**

**Coach Brad Burnham** The wave or rhythmic breaststroke differs significantly from the traditional style. The traditional stroke is dominated by a pull and kick, with athletes using a big pull and kick for the accelerations. The wave style uses a body that is more butterfly like. It is more quickness oriented. A well-timed kick and pull fit into the undulating body. We actually see three accelerations in the pull, a dive forward, and then the kick.

The style is appropriate for all levels of swimmer. It begins with a lot of work on the wave that rolls down the body line. Once a swimmer is good at undulating they need to work on inserting a smaller, but well timed, pull and a smaller, but well timed, kick. The rhythm of the bodyline is critical for success.

Some coaches teach wave style breaststrokers to use their kick for both propulsion and to keep the wave going while others teach swimmers to use their mid-section to drive the wave and their kick only to propel the body forward. It is a tough thing to describe except to say that it is a butterfly body with breaststroke arms and legs.

**Stan Hansen (59)** I can do it, but it takes more energy than I can sustain for more than 25 yards or so. A slightly younger and more buoyant person ought to be able to do it for 50 yards. Like fly, it is not right for older folks in my view.

**Mike Schmidt (42)** I try to do the wave breaststroke, but like most non-breaststrokers I have poor ankle and knee turn out. One of the benefits of the wave style is the ability to reduce form drag by lowering the hips on the kick recovery. Swimming flat breaststroke tends to cause people to bring their legs up on the recovery portion of the kick to an almost ninety

degree angle, which acts as a brake by creating form drag. The wave style can soften this angle allowing water to flow down the body with less drag. If this can help a bad breastroker like myself by getting my legs out of the way on the recovery, then the wave style can probably help anyone regardless of age.

**Son Nguyen (26)** The “wave” breaststroke is the latest innovation and it is being used more and more by top swimmers. I am beginning to make changes with the goal of converting my conventional/flat stroke into a more efficient wave. These changes include the angle at which the hands are pitched and when to bring the head up and the hips forward. I think learning the wave is not that difficult, and it is even appropriate for older swimmers. Having a knowledgeable coach or experienced swimmer to demonstrate is the best way to learn.

**Kristi Panayotoff (56)** I do the wave breaststroke, and all the up-and-down motion slows down my forward progress. Since I have adopted it, my breaststroke times have gotten WORSE. In my dotage, I can't seem to *un-learn* it. The swimmers I know who have attended the training at Colorado Springs have not conveyed that the wave is do-able only by elite swimmers (unlike short, old, butterballs like me), but I know at least one Masters coach who claims this to be the case.

**Anne Uecker (44)** Unfortunately, the only waving I do when swimming breaststroke is the wave good-bye as the swimmers around me are zooming ahead! Is the wave appropriate for older swimmers?? Old is relative. The wave is for everyone.

**Heather Patterson (32)** As with any body movement, the wave is appropriate for anyone who is at the proper fitness level to try it. Anyone with back issues might choose not to do it. Know what feels good to you, and what issues you need to work with.

## Our vital Pool Rep's

Masters swimmers live in all the near and far reaches of Maine. "What we have [had, therefore, in the past], 'Lucas', is a fail-yuh to communicate". We try to solve the communication problem "the old fashioned way": with HUMANS!! i.e., with our vital Pool Rep's—who communicate with the masters swimmers at their respective pools, (as well as recruiting new masters swimmers), communicate with the other Pool Rep's, and communicate with the Maine Masters Board. Listed below are the known Pool Rep's and their e-mail addresses. If your pool is not listed, or if a correction is needed, please call, or contact Frank Giustra, at email:

[giustrajr@peoplepc.com](mailto:giustrajr@peoplepc.com)—,or tel. no. 207-832-6860. If your pool does not have a masters representative, "Never seek to know for whom the bell tolls; It tolls for thee"—Yo, THEE!!— with the goggle lines around your eyes—Step up to the plate!!—You are sorely needed!!! Please call or contact Frank Giustra to volunteer. We are SO GRATEFUL to the current ACTIVE (hint, hint....) Pool Rep's.

If you see your name listed as a pool rep, and you now find that your plate is too full, or that you are not philosophically committed to recruiting swimmers *of all abilities and of all ages*, and both pure fitness swimmers, as well as swim meet enthusiasts, please let the Board know.

## Current MESC Pool Rep's

Augusta (Kennebeck YMCA)	Robert Johnston	Robert.A.Johnston@Maine.gov
Bangor YWCA	Sterling Dymond III	sad3cna@yahoo.com
Bar Harbor (MDI YMCA)	Jeff Walls	jeff@mdiyymca.org
Bates College	<i>vacant</i>	
Bath YMCA	Richard Derector	frontstreet@hotmail.com
Biddeford (N.York YMCA)	<i>vacant</i>	
Bowdoin College	Sandy Potholm	spotholm@verizon.net
Dover-Foxcroft YMCA	Hans Wendel	hdwendel@kynd.net
Ellsworth YMCA	Bill Reeve	wreeve@adelphia.net
Farmington (UMaine)	Peter Fredericks	barbpete@tols.net
Freeport (Casco Bay YMCA)	Ben Morse	bkmorse@suscom-maine.net
Husson College	<i>vacant</i>	
Machais (UMaine)	Craig Bolint	craigbolint@hotmail.com
Orono (UMaine)	<i>vacant</i>	
Pen Bay YMCA (Rockport)	Doug Roth	(207) 273-2907
Portland Downtown YMCA	Jim Harvey	(207) 653-9381
Riverton	<i>vacant</i>	
Sanford YMCA	<i>vacant</i>	
Waterville Alfond Youth Ctr	Anne Uecker	anuecker@dialmaine.com
Wiscasset Community Center	Nancy O'Brien-MacKinnon	gowethaflo@aol.com

## What's wrong with Going Postal?

Every year a goodly number of Maine Masters participate in the 1-hour swim, and thus assist the New England Masters LMSC to boast at having the largest number of participants in the US, in that postal event. Other than the 1-hour swim, Maine Masters seem to ignore the other postal swims. What are "postal" swim events? They are long distance and other pool swims by individual swimmers which are witnessed and recorded by each 50 yd or 50 meter lap split. Each recorded and completed entry is then mailed-in to the hosting swim club (with an accompanying fee)—thus the derivation of "postal". The host club compiles the results and sends them to the entrants via the "post", or electronically. It's fun to compare how fast you swam 3000 yds, 5K, 6000 yds, or 10K, with the times or distances of all of the other participants in that event in your age bracket. These events are open to national and internationally registered masters swimmers.

So, why do so few Maine masters participate in these postal swims? Are we all sprinters?? [Not!!!]

We still have until Nov. 15 to participate in the 3000 yd/6000 yd postal championships, hosted this year by Riley Stevens' Clemson Aquatic Team (South Carolina). The forms are available on-line at the USMS website.

Another upcoming event is the annual February Fitness Challenge. Take note, Maine Masters swimmers who serve as aquatics facilities staff members:



*David Vail at the 1-Hr Postal Swim*



*Andy Wisch and his wife, Kendra, who recorded his 1-Hour Postal Swim at Bowdoin.*

The object of the FFC is for each person who participates in a pool activity to challenge themselves during the month of February— — to either participate on the most days possible for them—or (and/or) to swim the most cumulative yardage. The yardage can be achieved by swimming, kicking, pulling, with or without fins, paddles, pull-buoys, etc. You can challenge—or dare—a pool mate, or a friend of yours in a faraway state to rack up some ridiculous yardage amount. For another example, two neighbor ladies who usually take the Mon-Wed-Fri aquarobics class at their local YMCA, could, during February 2006, add the Tues-Thursday arthritis water exercise class—and thereby possibly achieve an admirable 20 days of water fitness. The forms will be available on the USMS website. Again, participants mail in their completed, signed, entries at the end of February. You receive back an interesting booklet—in which you read and weep that your old high school nemesis, who now lives in Toadsuck, Kansas, swam a mere 500 yds more than you, edging you out of second place in your age bracket.

## 25<sup>th</sup> Maine Sport Triathlon

On Sun, Sept 4(2005), seven members of the PenBay YMCA masters team competed in the 25<sup>th</sup> Annual MaineSport Triathlon, with the start and transition at Megunticook Lake, Camden. The triathlon, which consisted of a half-mile swim, 27 mi. bike, and a 6.6 mi. run, drew 119 individuals and 25 teams. Morgan Laidlaw, 33, flew to a third overall finish (2:08.40). Tom Hedstrom, 30,(just back from a half-Ironman in NH), earned ninth place finish overall,(2:15.45). Other PenBay masters: Carrie Carney,31(2:51.11), David Manning, 50(3:01.18), Kristi Panayotoff, 56 (3:12.18, Kathy Kandziolka,30(3:14.22). Doug Roth's swim leg portion helped to earn his team an 8<sup>th</sup> place in the team category.



*Triathletes Jade Nelson, Carrie Carney*

## “Fall Into the Gap”

The Maine Masters book of records for relay times is riddled with gaps, and thus RIPE FOR RECORDS. As Jonathan Winters said in the movie “The Russians are Coming”, “We’ve just GOT to get organized!!” We need to find a way for swimmers spread thinly and widely across Maine to hook-up with each other BEFORE meets, to plan these sorties into record territory. Any suggestions on how to do this will be welcomed.

## Corrections & Omissions

1. In the Sept newsletter photo of the Echo Lake swim, we failed to include Bill Reeve, who, very importantly, organized the race!!
2. There was a problem in producing the results of the Maine Senior Games, so please excuse any errors or omissions you find therein.



*John Woods*

## Please Participate!

Regarding the photo featured on the front page of the Sept (2005) Newsletter. The photo was thoughtfully provided by Betsy Packard. (REPEAT: Thoughtfully provided.) We would have had nothing to “wave”, as we bragged, in print, about the five who traveled all the way to Pittsburgh to swim, and brought such pride to Maine masters swimming. The same goes for John Woods’ article in this issue. This type of submission—of photos, and/or text, is exactly what the newsletter editors are hankering for!!

## Annual MESC Social/Dinner!

All MESC swimmers are welcome to attend our annual social/meeting at Midcoast Pizza after the Bath meet on Nov 13th. It is located in Bath at 737 Washington Street, across from the post office. Families are especially welcome!

# Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
Nov 13	Sprint Meet	Bath, ME	Richard Derector (207) 442-8681
Nov 13	Annual Social	Midcoast Pizza, Bath	Join us for the Annual MESC Meeting!
Dec 2-4	NE SCM Champs	Wheaton College (MA)	<i>05scmchamp@ greatbaymasters.org</i>
Dec 13	MESC Board Mtg	6:30pm Augusta YMCA	Brad Burnham (207) 725-5025
Jan 22 *	Waterville Meet	Alfond Youth Center	Anne Uecker (207) 465-4877
Late Jan	Distance Festival	Bowdoin College	David Vail (207) 729-0879
Feb 11 *	Midcoast Meet	PenBay YMCA, Rockport	Kristi Panayotoff (207) 789-5166
March	Bangor Meet	Bangor YWCA	Sterling Dymond (207) 942-3148

\* *Entry Forms Attached*

## POSTAL CHAMPIONSHIPS

Sep 15 - Nov 15	3000/6000 Postal Championship	Riley Stevens <i>rileyrst@aol.com</i>
Feb 1-28	February Fitness Challenge	Tualatin Hills (Oregon) Barracudas



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

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