

Maine Masters

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

Club News

Maine masters whetted their competition skills at the season's first meet at Bowdoin. Visiting NEM swimmer **Dan Rogacki** used the opportunity to break some records in the 55-59 age group. His times and races were:

| | New Record | Old Record |
|---------|------------|------------|
| 200 fly | 2:24.29 | 2:25.81 |
| 50 br | 31.33 | 32.43 |
| 100 br | 1:09.51 | 1:11.10 |
| 100 IM | 1:01.42 | 1:06.56 |
| 200 IM | 2:18.47 | 2:26.36 |

Results for all participating master swimmers are in this newsletter.

Also in this newsletter is the **membership form** for 2003. USMS has changed its dues (12 years since last USMS increase), so MESC must too. Dues for next year are \$32: \$20 for USMS, \$12 for MESC. Renew before the end of the year, and your magazine subscription will be uninterrupted. Would you prefer to receive your newsletter via email, rather than through the post office? You can indicate your willingness to receive an electronic newsletter on the application form. Your feedback will be used in implementing changes.

Many thanks to **Monica Wendel** of Monica Media Graphics, and **Ben Morse** for getting the newsletter on the website. Monica, who is not a member of Maine Masters, has been very kind and patient to volunteer her skills at the request of her dad, Hans Wendel. If you haven't checked out her great newsletter design, please do so.

Claude Bonang, our Top Ten Times hero for these many years, would like someone to take over this task. Claude is willing to work with anyone who's interested, to help them learn the ropes. Please show Claude your appreciation for all his help by stepping forward and volunteering to be the Top Ten Times recorder.

Are you holding a videotape loaned to you by MESC for your viewing pleasure? Please return club videos to **Sandy Potholm**, for relending!

The next **board meeting** will be held after the Bath meet on November 17th. Please plan to attend to share your ideas and skills.

A Message From The Incoming President

I thank all of you for the confidence placed in me and in the entire Board of Directors to guide the affairs of the Maine Masters Swim Club for the next two years. We have lots of work to do to serve the needs of the membership and to grow the club to at least 200 members.

The executive board is working hard to meet your needs. In the coming months I will propose to establish several committees to help spread the workload. Please contact me (hdwendel@kynd.net) or come to a scheduled board meeting to offer your opinion or services on a committee.

I know that we all like to swim and do our own thing, but active involvement of members is necessary to assure the vitality of the club. We need 40 new members to enable Maine Masters Swim Club to offer more swim meets and training/coaching opportunities. So look around the pool during your next workout

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| MESC Officers | | | |
|-----------------------------------|-------------------------|------------------------------|----------|
| Hans Wendel , | President | hdwendel@kynd.net | 564-0060 |
| Pamela Torrey , | Vice-President | pPhillip@bowdoin.edu | 443-6191 |
| Gerry Brookes , | Secretary | brookes@gwi.net | 729-2737 |
| Joyce Brown , | Registrar/Treasurer .. | joyline@gwi.net | 725-5394 |
| Frank Giustra, Jr. , | Member-at-Large | giustrajr@panax.com | 832-6860 |
| Peter Fredericks , | Director of Meets | barbpete@tds.net | 645-3092 |
| Claude Bonang , | Recorder | cbonang@blazenetme.net | 725-5181 |
| Sandy Potholm , | Historian | spotholm@starband.net | 729-0649 |
| Betty Dupuis , | Editor | bdupuis@gwi.net | 276-5027 |



Welcome New Members

| | |
|---------------|-------------|
| Emmanuel Boss | Orono |
| Shannon Glick | Bangor |
| Tim Madigan, | Newcastle |
| Philip Shaw | S. Portland |

and see if you can entice your fellow swimmers (who are not Maine Masters) to join the club. Joyce Brown (joyline@gwi.net) will be happy to send you membership application forms.

The swim meets, which the club organizes, take a lot of work and organization. Unfortunately prior meets' participation has not been as good as expected. Next swim meet, come and swim and bring the family to cheer you on. If your pool wants to host a swim meet, contact Peter Fredericks (barbpete@tds.net). Don't worry if you do not know how, the club has experienced members to help you with the organization, timing and officiating.

I wish you and your family all the best for the coming season, in and out of the water. Let's swim; enjoy life and the company of your fellow pool buddies. I hope to see you at the November 17th Bath Area YMCA swim meet. - Hans D. Wendel

Penobscot Bay YMCA Update

By Frank Giustra, Jr.

The much anticipated opening of the Penobscot Bay YMCA, which will replace the Camden Area YMCA, is scheduled for November 11th. Its eight lane pool will be equipped with a Colorado timing system that will give swim meet participants accurate race times by way of computerized touch pads.

In the past, the old Y held two Masters swim meets which were discontinued due to the size of the pool and its lack of a computerized scoring system. It is hoped that with the opening of the new Y, Masters swim meets will be held on an annual basis. There are always plans of forming a Y masters team that will compete annually at the Y Nationals.

Besides the eight-lane pool, a warm water therapeutic pool will be available for activities such as water therapy classes and swimming instruction for young children. The large pool will provide a spacious venue for water polo, basketball, and volleyball games as well as a variety of water fitness classes, lap swimming, and Sailfish swim team events. For additional information contact Wendi Scott at aquatics@midcoast.com, or call her at 236-3375.

Calendar of Events

| | |
|---------------------------------|---|
| November 10th | Great Bay Masters Mini-Meet Portsmouth, NH, SCM. Contact Ed Gendreau 603-742-7850 www.greatbaymasters.org/gbmmeets.html . |
| November 17th | Bath YMCA entry in newsletter |
| December 7-8 | Colonies SCM Champs Rutgers University, Piscataway, NJ 732-445-0462 antoniou@rci.rutgers.edu. |
| December 14-15 | NEM SCM Champs Wheaton, MA Ed Gendreau, 603-742-7850 www.greatbaymasters.org/02scmchamp.html . |
| April 24-27, 2003 | YMCA Masters Nat'l Champs, Sarasota, FL, www.ymcaswimminganddiving.org |
| May 15-18, 2003 | USMS SC Champs Tempe, AZ Mark Gill, 480-775-1485 mark.gill@asu.edu |
| August 14-17, 2003 | UMSM LC Champs Rutgers University Edward Nessel, 908-561-5339 ednessel@aol.com |

Fitness Swimmers and USMS

For many Maine Masters, competition is not part of the recreational game. Swimming becomes an enjoyable, challenging way to stay fit. But we all need goals to maintain our motivation and interest. Check out the USMS website, under Fitness, for some ideas to spice up your swim routine. New for 2003, in collaboration with New England Masters, is the Check Off Challenge. Get a T-shirt with eighteen swimming events listed, then make it a goal to check them off as you do them during the year. What makes this one special? You don't have to do the swimming events at a meet, but can use your practice and work out swims. Other goal setting activities are: Thirty Minute Swim Challenge; Virtual Geographic Swim Series, where you use your pool yardage to complete swims along geographical routes; USMS Long Distance Postal Swim Championships, which include the One Hour swim, 5K, 10K, 3000 yard and 6000 yard swims.



MAINE MASTERS SWIM MEET
 Bath Area YMCA
 303 Center Street
 Bath, Maine

DATE and TIME: Sunday November 17, 2002
 Warm-up: 9:30 AM, 10 AM start

FACILITY: This is an 8 lane 25 yard competition pool with electronic timing. Directions: Follow US Rt. 1 to Bath. From the N or S take Congress Ave Exit. Go East approx. .4 mile. Turn right on Center St. The "Y" is .3 mile on left.

ENTRIES: Deck entries will be allowed, however pre-registration is encouraged.

ORDER of EVENTS: (SCY)

| Event | |
|----------------|------------|
| 1. | 500 Free* |
| 2. | 100 Fly |
| 3. | 100 Breast |
| 4. | 50 Back |
| 5. | 50 Free |
| 6. | 400 IM |
| 7. | 100 Free |
| Break (10 Min) | |
| 8. | 200 Breast |
| 9. | 100 Back. |
| 10. | 50 Fly |
| 11. | 200 Free |
| 12. | 200 Back |
| 13. | 50 Breast |
| 14. | 100 IM |

* Swimmers must provide their own counters for 500 Free.

SEEDING:

Slow to fast, regardless of age and gender. "No times" will be seeded in the slowest heats.

AWARDS:

Ribbons will be awarded to the first three places in five year age groups for both men and women. White "Personal Best" ribbons will be available on request to meet director.

MEET DIRECTOR: Richard Derector 207-442-8681
 frontstreet@hotmail.com

For other Maine Masters information visit our Web Site at:
www.mainemasters.org

REGISTRATION and MEET APPROVAL DATA:

USMS approval level requested for this meet is
 a) Sanctioned ____ b) Recognized XX
 a) Only USMS Registered Masters swimmers 19 years and older may enter a sanctioned meet.
 b) Both USMS Registered Masters swimmers and non-registered swimmers may enter a recognized meet.

USMS liability release waiver must be executed by **all** entrants.

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.

To register as a Maine Master contact Joyce Brown, 166 Hildreth Rd., Harpswell, ME 04079. 207-725-5394.

Maine Masters Swim Meet
 Bath Area YMCA
 Sunday, November 17, 2002

Name _____
 Address _____

Home Phone _____ Club # _____

Age _____ Male / Female (*circle*)

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

REGISTERED MASTERS SWIMMERS MUST ENCLOSE A COPY OF THEIR CURRENT USMS MEMBERSHIP CARD.

FEES: Meet fee is \$10.00 per entry covering 5 individual events. Make checks payable to: Bath Area YMCW and mail to: Diane Hicks, Aquatics Director, Bath Area YMCA, 303 Center St. Bath, ME 04530

Total Fees Enclosed: \$ _____

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 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 Participant _____

Date _____

George Erswell Meet, 10/12/02

| | | | | | | | | | | | | | | | | | | |
|---------------------|---|----|-------|----------|----------|---------|---------|---------|---------|---------|---------|---------|---------|-------|---------|---------|---------|---------|
| Shannon Glick | F | 21 | 33.4 | 50 FR | 100 FR | 200 FR | 500 FR | 50 BA | 100 BA | 200 BA | 50 BR | 100 BR | 200 BR | 50 FL | 100 FL | 200 FL | 100 IM | 200 IM |
| Ronnie Kamphausen | F | 68 | 35.03 | | | 2:50.04 | 7:49.01 | 42.71 | 1:39.65 | | | | | | | | 1:35.83 | |
| Doug Pride | M | 39 | 23.82 | 52.51 | | | | | | 2:15.59 | 35.61 | 1:16.36 | 2:50.92 | 58.05 | | | | |
| Emmanuel Boss | M | 35 | 29.51 | | | | | | | | | | | | | | 1:13.00 | |
| Andrew Thomas | M | 44 | 24.03 | | | 2:03.06 | | | | | | | | 27.38 | 1:03.26 | | 1:02.51 | |
| Fred Pierce | M | 59 | 28.05 | | | | | | | | | 1:22.09 | 3:08.29 | | | | 1:17.15 | 2:50.58 |
| David Vail | M | 59 | 28.13 | | | | | | | 2:45.10 | | | | | | | 1:13.99 | |
| Bill Rupert | M | 59 | 29.67 | | | | | 32.98 | 1:12.66 | 2:39.22 | | | | | | | | |
| Paul Lazarus | M | 58 | 31.35 | | | | | | | | | | | | | | 1:27.68 | |
| William Laubenstein | M | 59 | 31.75 | 1:09.67 | | | 6:43.43 | | | | | | | | | | | 3:00.55 |
| David Benn | M | 57 | 32.63 | 1:14.39 | 2:46.36 | 7:31.33 | | | | | | | | | | | 1:36.91 | |
| George Coupe | M | 61 | 29.81 | 1:07.14 | 2:43.94 | | | 44.72 | | | | | | 34.02 | | | | |
| Peter Fredericks | M | 61 | 31.84 | | | | | | | | 37.77 | 1:22.00 | 2:59.64 | | | | | |
| Gerry Brookes | M | 61 | 34.54 | 1:15.86 | | | 7:47.35 | | | | | | | 40.53 | | | | |
| Amie Green | M | 70 | 29.85 | | | | | | | | | | | | | | | |
| Mudd Sharrigan | M | 75 | 43.44 | 1:38.92 | 3:54.00 | | | | | | | | | | | | | |
| Elizabeth Kane | F | 53 | | 1:26.34 | | | | 1:31.04 | | | 42.70 | | | 47.36 | | | | |
| Rob Hale | M | 42 | | 58.91 | 2:17.55 | 6:27.20 | | | | | | | | 28.85 | | | | |
| Rob Knapp | M | 40 | | 1:12.35 | | | 7:32.06 | | | | | | | | | | | |
| Roger Noble | M | 49 | | 1:05.70 | 2:26.23 | 6:29.01 | | | | | | | | 38.20 | | | | |
| Anne Uecker | F | 42 | | | 2:23.25 | 6:18.35 | | | | | | | | 32.96 | 1:12.28 | | | |
| Darcey Peakall | F | 40 | | | 2:37.39 | 7:21.88 | | | | | | 1:28.46 | | | | | 1:22.29 | |
| Tracy Grilli | F | 45 | | 2:15.90 | 6:03.44 | 35.49 | 1:14.42 | | | | | | | | | | 1:14.10 | |
| David Bright | M | 49 | | 2:07.57 | 6:03.03 | | | | | | | | | | | | 1:05.57 | |
| Richard Derector | M | 55 | | 2:58.60 | | | | | | | 41.29 | 1:31.96 | | | | | | |
| John Woods | M | 84 | | 4:37.47 | 12:30.39 | | | | | | | | | | | | | |
| Pam Magnant | F | 39 | | | 8:49.22 | | | 1:43.35 | 3:43.15 | | | | | | | | 1:38.01 | 3:36.99 |
| Pam Torrey | F | 41 | | | 5:52.55 | | | | 2:30.17 | | | | | 30.60 | 1:07.15 | | | |
| Kelly Sherwood | F | 48 | | | 7:59.30 | | | | | | | | | 44.12 | | | | |
| Barbara Murphy | F | 51 | | 7:38.94 | 38.13 | 1:24.64 | 3:00.20 | | | | | | | | | | | |
| Corrie Johnson | F | 79 | | 13:46.07 | | 2:07.72 | | | | | 1:08.56 | | 5:33.18 | | | | 2:23.81 | |
| Gerhard Schaefer | M | 67 | | 8:43.74 | | | | | | | | | | 45.77 | | | | |
| Hans Wendel | M | 66 | | 9:18.31 | | | | | | | 41.91 | 1:35.02 | 3:33.15 | | | | | |
| James Edwards | M | 79 | | 8:11.96 | 44.21 | 1:35.83 | 3:30.61 | | | | | | | | | | | |
| John Merrill | M | 85 | | 9:46.23 | 44.69 | 1:41.77 | 3:45.69 | | | | | | | | | | | |
| Colleen Lepage | F | 29 | | | 38.00 | 1:19.76 | | | | | | | | | | | | |
| John White | M | 86 | | | | | | 50.40 | 1:55.01 | 4:04.83 | | | | | | | | |
| Martha Samuelson | F | 53 | | | | | | | | | 41.78 | 1:32.66 | 3:20.23 | | | | | |
| Daniel Rogacki | M | 55 | | | | | | | | | 31.33 | 1:09.51 | | | | 2:24.29 | 1:01.42 | 2:18.47 |
| Harry Schmitke | M | 64 | | | | | | | | | 41.61 | 1:32.57 | 3:31.65 | | | | | |

Top 10 Reasons For Showing Up At Coached Workouts

- 10 MOTIVATION
- 9 LEARN DRILLS
- 8 PRACTICE STROKES (OTHER THAN FREESTYLE)
- 7 GAUGE PROGRESS
- 6 TIPS ON TECHNIQUE
- 5 CAMARADERIE
- 4 GET READY FOR MEETS
- 3 SHORT INTERVALS
- 2 ENDORPHIN HIGH
- 1 CHALLENGING, FUN TO PUSH YOUR LIMITS

The Real Top 10 Reasons For Attending Workouts

- 10 OPPORTUNITY TO WEAR WORN OUT SUITS
- 9 SAVE WATER (SHOWER AT THE POOL)
- 8 CONDITION HAIR (PUT CONDITIONER UNDER YOUR CAP—IT HEATS UP DURING THE WORKOUT)
- 7 IRRIGATE SINUSES (ESPECIALLY ON FLIP TURNS)
- 6 GET OUT OF THE OFFICE
- 5 BURN CALORIES (TO ALLOW FOR BAGELS WITH CREAM CHEESE, ETC.)
- 4 CHANCE TO DRAFT OFF THE SWIMMER NEXT TO YOU IN THE LANE
- 3 IQ TEST (FOLLOWING BRAD'S WORKOUTS CAN CHALLENGE THE GREY CELLS)
- 2 CATCH UP ON GOSSIP IN THE LOCKER ROOM
- 1 IT FEELS SO GOOD WHEN YOU STOP

Compiled by Barbara Murphy from comments made at recent coached workouts, and on the deck at the Erswell meet.

MAINE MASTERS SWIM CLUB 2003 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 _____
 Home phone _____ E-mail address _____
 Date of Birth (mm/dd/yy) _____ Age _____ Sex _____
 Pool where I swim _____
 Contact me about opportunities as a MESC volunteer. I am interested in these areas _____

Release: 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 _____

Membership dues are **\$32** if you join between 11/1/02 and 8/31/03.
 Membership dues are **\$25** if you join between 9/1/03 and 10/31/03.
 I wish to contribute \$1 (or \$____) to the International Swimming Hall of Fame Foundation. (Tax deductible)
 I wish to contribute \$1 (or \$____) to the USMS Foundation. (Tax deductible)
 I wish to contribute \$____ to MESC. (Tax deductible)
 \$____ Total amount of my check payable to Maine Masters Swim Club.
 Send check and form to Joyce Brown, Registrar, 166 Hildreth Rd., Harpswell, ME 04079-2826.
 SURVEY: Are you interested in receiving the MESC newsletter by e-mail? _____

Benefits of membership include a subscription to the bimonthly SWIM magazine through Nov./Dec. 2003. 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



Don't wait for a meet to purchase Maine Masters Swim Club goodies.

You can order them now by mail from Frank Giustra, Jr. Fill out the form below and send with your check or money order to:

Frank X. Giustra, Jr. • 110 Robinson Rd. • Waldoboro, ME 04572

MAIL TO: (Print or type clearly)

NAME: _____

MAILING ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PLEASE INDICATE SIZE AND QUANTITY

SWEATS:

Sweatpants: Ash gray with MAINE MASTERS SWIM CLUB imprinted down one leg (S,M,L,XL) \$19 _____
Sweatshirts: Ash gray with MESC logo (M,L & XL) \$21 _____
Ash gray with Puffin logo (M,L, XL) \$21 _____

T-SHIRTS:

Ash gray, long sleeve, with puffin logo (S, M, L, XL) \$12 _____
White, short sleeve with MESC logo (S, M, L, XL) \$10 _____
White, short sleeve, with puffin logo (S, M, L, XL) \$10 _____

BASEBALL CAPS: With MESC logo (*while supplies last*) \$5 _____
With logo and curved lid, custom embroidered \$9 _____

SWIM CAPS: With MESC logo \$5 _____

WATER BOTTLES: With MESC logo \$2 _____

IMPRINTED MAINE MASTERS SWIM SUITS: Black with red trim

Men's Masters Style (6" side seam) Sizes 34-40 \$21 _____
Men's Race Style (3" side seam) Sizes 32-36 \$21 _____
Women's with conservative leg cut. Sizes 30-40 \$32 _____

POSTAGE/HANDLING FEE \$4.00

TOTAL ENCLOSED: \$ _____



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

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