BLUE LOBSTAH NEWS

NEW ENGLAND'S

Seven reasons to sign up for New England's this year

Are you thinking of signing up for the NE Masters Championships in March of 2017? Here are seven reasons you should!

1. It's fun!
2. You know you want to!
3. Gives you motivation to train!
4. The camaraderie!
5. It gives you a chance to wear your new team suit!
6. It will impress your family & friends!
7. It's a great way to make new friends and connect with old ones!

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"Records are made to be broken"
– Jay Morissette

State of the MESC Address – by Tim Lecrone

Happy New Year, Blue Lobstahs! 2017 looks to be a great SCY season to be in the pool!

We'll kick things off on January 29th with the first ever MDI Masters Meet. For those that have yet to make the trip, it's just as beautiful to visit in the winter time as it is in the summer months, and Mark Schoon and his crew are incredibly excited to put on a great event.

In February we'll see the return of the infamous "Toughen Up Meet." For the first time ever it will be held in a new location. The pool and specific date have yet to be confirmed, but rumor has it that it will remain in the southern part of Maine (anything to keep those Great Bay Masters around for competition).

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Maine Masters and Swimming Saves Lives – By Bill Jones and Susan Rardin

At PenBay Y in Rockport this fall, 11 Maine Masters were teaching 33 adults to swim in groups of three. That's more local Masters than you can usually get to a workout in Rockport or to a meet at one time. What was going on?

When Navy MD Arthur Ransom started US Masters' Swimming in 1970, he wanted to get more American adults swimming. Competition was to be a means to that end. But, the competitive side of Masters' really took off, leaving a guilty feeling that US Masters' is not living up to its founder's goals.

Not swimming is a major problem for Americans. Ten, mostly adults, drown every day. 37% of adults can't swim 25 yards. Adults who swim are more likely to have kids who swim. And vice versa!

It's worse for Maine with the nation's longest coastline (plus ponds you can swim in a few weeks a year & a handful of pools). Our lobstermen and yachting crowd are just as deficient as the average – and in much greater danger.

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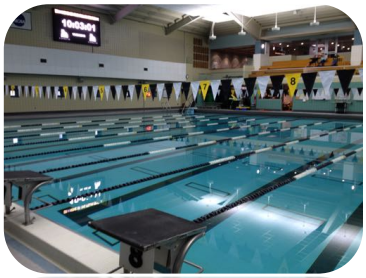


George Erswell Meet at Bowdoin College, October 29th, 2016

Good fun, Good times!

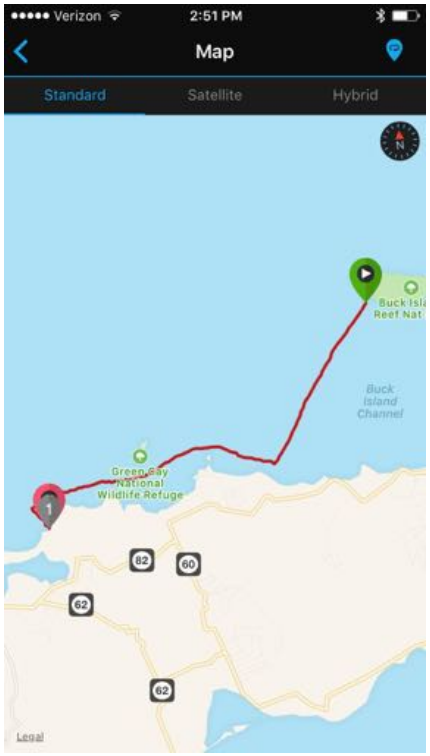
State of the MESC Address (Continued from page 1)

Speaking of GBM, the Phillips Exeter Meet will once again take place on Super Bowl Sunday, February 5th, so get some races in to pre-game for the Patriots vs some poor losers!

In years past the Maine State SCY Championships have been held in Augusta during the first weekend in March. It has conflicted with the YMCA State Championships for age group swimmers for several years now (negatively impacting both participation and volunteers to run the event). As a result, we're going to take this year off with the hopes of reassessing a better approach to bring it back in 2018.

When it comes to March, the Harvard meet is always the premiere opportunity in New England. Other than Nationals, it is consistently the second largest masters gathering in the nation, and it is arguably the best run competition in North America. Rick Osterberg, the meet director, has received critical acclaim in Swimmer Magazine for this exceptional, three day extravaganza, and it's always thrilling to be a part of it. The energy is unmatched, and the enthusiastic smiles are contagious. As of today we have 229 registered MESC swimmers. Let's make a goal as a club to march to Boston with 80 participants this spring, so mark your calendars now for March 11th (distance day), 17th, 18th, and 19th. We don't need to win it all. We just need to have the most fun!

See you all poolside this winter!



Maine Masters Swimmer Story – By Mara Crans:

It began as a personal challenge but it ended up reminding me why I love Masters Swimming. My birthday falls on the same month as my diagnosis with MS. Every November, instead of feeling sorry for myself and my aging body, I choose to be thankful for all that my body can do. This was a big birthday so I chose a big challenge, the St Croix Coral Reef Swim, a 5 mile open ocean swim to bring in the big 5-0.

The pre race presentation went well, complete with a Google Earth slide show with landmarks to sight. On race morning all the 5 milers were shuttled down to the marina where we boarded boats to Buck Island, the race start. We nervously chatted as we rode. I met Shawn, a career navy man who was excited to hear my eldest son was at the naval academy and Alan who lived in the same neighborhood I lived in during medical school. By the time we got to Buck Island we were joking and sharing gels.

The race start was picturesque and serene, nothing like the crazy mayhem of a triathlon start. The first 2 miles were windy and rough with large swells and a current. I sighted the landmarks and pushed through. Once I turned the first buoy the ocean became much calmer. It was mesmerizing… the sea creatures below and nothing but the rhythmic strokes and breathing to concentrate on. I felt strong, free and graceful. The finish line was a rush, sun and cheering smiling faces to greet you. I was thrilled with my accomplishment.

By the end of the week I had gotten to know Shawn and his family and made plans to meet up in Annapolis. We hung out with Alan on the beach and I was thrilled to see him at the WPI meet. I also met up with a friend's teammate from UMaine and she promised to cheer my son and I on at our Swim Run race this summer. After a week of delicious meals and long ocean swims, I headed home with the knowledge I leave every meet with…swimming is an empowering and challenging sport and the joy of swimming is only amplified by the memories you make, the friends you meet and of course, the food!

My Favorite Workout: by Ben Morse

When I was asked to write this it kind of felt that sense of panic that I used to get when I was assigned a big open ended essay in Freshman English. What to write about? There are so many thousands of sets I have done over the years that it is hard to single just one out. So I started narrowing it down, did I really enjoy that set or is it just memorable because it I was happy I survived or felt a sense of accomplishment that I did that set. I got down to sets that I tend to repeat or repeat versions of over the years here is what I came up with.

Set 1:

8 x 800 long course – done as

800 aerobic base pace rest 30 sec

2 x 400 faster than base on base +5

800 aerobic base pace rest 30 sec

4 x 200 faster than 400 pace on base +10

800 aerobic base pace rest 30 sec

8 x 100 faster than 200 pace on base +15

800 aerobic base pace rest 30 sec

16 x 50 faster than 100 pace on base +20

Ok, that is a bit much but I have been doing variations of this set for years (starting with 600s, 400s, 300s, etc.) For a distance swimmer it is a nice balance of speed and getting your yards in.

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Set 2:

8 x 250 “Rolling IM” on an interval that gives at least 30 sec rest

> Rolling IM means that despite the swim length you continue with a 50 of every stroke all the way through the set. So the first 250 would be fly, back, breast, free, fly and the next 250 would start with back, then breast, free, fly, and back again.

This set can also be done as 4 repeats or as 125s or even 500s for those who really enjoy some quality punishment. I have always felt that being a good swimmer meant practicing and doing all four strokes regularly even if you never race them.

Set 3:

Super 500 – done as:

2 x 25 on 30

50 on 1

75 on 1:30

25 on 30

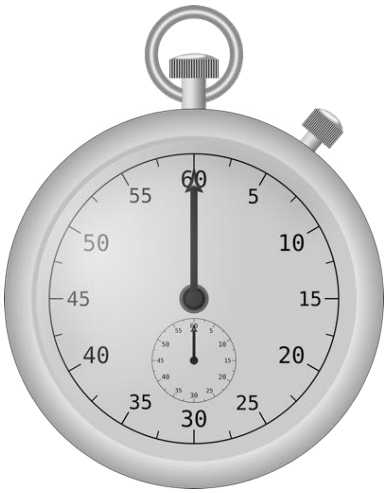
2 x 50 on 1

25 on 30

75 on 1:30

50 on 1

2 x 25 on 30



I have also heard this set being called Indy 500, Texas 500, among other things. It can be done with different intervals, strokes and effort levels. It keeps you on your toes and is a good end of practice set.

So there you have it, the few of my favorite workouts, and yes I did pass my Freshman English class.

What's in a logo? By Anne Uecker

The skull and crossbones symbol is ubiquitous of notoriety, good and bad. Although the symbol itself may not mark preppie or professional jerseys, the team name "pirates" is one of the more common. There are also several countries with pirate political parties, the most recent being Iceland. Pirates are fashionable on Halloween, and there are many of us who would swoon for Johnny Depp's Captain Jack. Also, although the majority of us may not opt to don t-shirts or our other casual attire with skull and crossbones, it turns out that this symbology may improve performance.

This recently in: the reminder of death prompted by the s&c icon prompts a drive to boost self-esteem, which according to psychology's terror management theory, is a protective buffer against death (Journal of Sports and Exercise Psychology, 2016). As your subconscious tries to finds ways to defeat death, your self-esteem, ala improved performance, is improved. When reminded with thoughts of death, we are motivated to regain the protective cocoon of self-esteem. This theory was recently tested via the manipulation of several independent variables. One simple experiment involved one half of research subjects being exposed to an experimenter wearing a t-shirt emblazoned with a skull and the motto "death" with several repetitions. The other half of the individuals saw a plain zip-up. The experimenter remained in view while individuals participated in a one-minute basket-shooting challenge, with different types of shots equaling one, two or three points. Players taking shots of the skull fully in view took more shots, better shots, hustled more and ran faster. This study is the first to link self-esteem striving activated by anxiety with motivation and improved performance. The researchers only studied basketball, though believe the phenomenon can likely be generalized across other sport and performance domains.

Do swimmers feel terror? Get in your body now -- behind the blocks, in the stands, traveling to the meet. All to the end point of that actual time poised in the ready on the blocks. Now swimming. You have no choice but to get through it. It's over. You look at the time clock. Boost to self-esteem or not? We all have strategies. Reminders of mortality may assist us to swim, not sink, and to turn the subconscious tide of negative emotion to positive. I've never been an s&c donner myself, but now I have a reason!!

Learn to Swim from Page 2 (Continued)

At the 2014 World Masters Championships in Montreal, Susan Rardin (Camden) and Ellen O'Donnell (Warren) heard US Masters was starting Swimming Saves Lives to get more American adults to swim. They jumped at the chance. They trained for teaching adults in Great Barrington MA, then applied for and got a SSL national grant for PenBay Y. They trained local Masters' swimmer volunteers. They organized northern New England's first SSL program in April 2015. Based on the 2015 success, Rardin & O'Donnell got a follow-up grant in 2016. So Wednesdays, Thursdays & Saturdays at PenBay Y this fall, 11 Masters' were teaching groups of three.

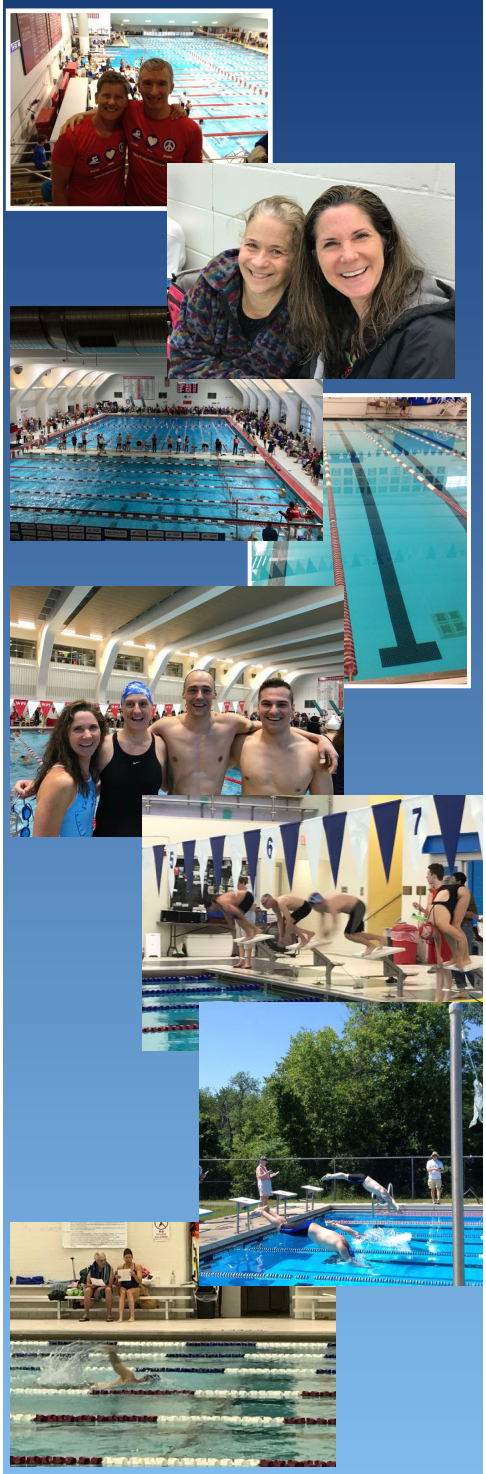
Trainees ranged from 31 to 85, from people so afraid of water they didn't want to put a toe in to those in no danger of drowning but who wanted to swim further without getting so tired.

Not everyone could swim 25 yards after their Swimming Saves Lives experience, but all were less likely to drown. Some would now break Maine Masters' records if they chose to compete! For the Master Swimmer volunteers, it was all gratifying -- most gratifying, though, when a complete non-swimmer first made 25 yards or when someone who was really scared first jumped into the deep end.

When Valerie Wells, one of the best singers in MidCoast Maine, grew up in Philadelphia, it wasn't easy for a black person to get to a pool or beach. She had developed a serious distaste for water. When she first got down in the water and let it buoy her, all the volunteers and trainees knew it.

So will US Masters redeem itself through Swimming Saves Lives, realizing its founder's ambition? True. Less than half of its 60,000+ members ever compete. Still, SSL is a modest effort to get adult non-swimmers to swim. Modest, but growing. PenBay Y's was one of 2016's 38 programs -- of 6 in New England. Lots of room for expansion.

FACES IN THE WATER



Meet Photos

Coaches Corner – By Pam Torrey

Happy New Year!

Many of us are thinking ahead to the late winter/spring meets and putting together a plan to achieve our goals. I struggled through the fall, most likely because of a combination of overtraining and a B12 deficiency that was discovered a week before the short course meters meet at WPI. So I am working on what I need to do to stay healthy and swim well at Harvard in mid-March.

I am approaching my training by breaking it down into four categories: strength/flexibility, swimming, diet, and rest:

Spending time on strength training and flexibility is fun. It's a break from the pool, and I think benefits us beyond our swimming. I also believe that it helps to keep us injury free, or to recover more quickly if we do get an injury. While working out with a trainer can be expensive, you may be able to meet with someone a few times to help you devise a plan. I also think you can find out a lot just by looking on the web. You also don't need a gym to gain strength and flexibility. It does, however, take motivation and resolve, but the gains are well worth the effort. I strongly suggest buying a foam roller and learning how to use it.

My tendency has always been to swim at least five or six days a week, hence the rut I found myself in this fall. Rather than listen to my body, I slogged on and on, thinking that more yardage would make me faster. I award myself the "Dumb and Dumber" award for 2016. Instead of thinking about my weekly yardage, my plan includes race pace training for three workouts a week, usually in the form of 25s or 50s with a turn at the wall. I also think it's important to practice starts (something I almost never do and then freak out when a meet is approaching).

I imagine most of us are well aware of eating well, but it might be helpful to track for a week or two the food (and drink) you consume and seeing if you need to recalibrate at all. The author of a recent New York Times op-ed talked about how he gives up added sugar for the month of January—not an easy feat considering how sugar lurks in so many of the foods we buy (crackers and bread being the two that I forget are culprits).

And last but not least, I hope you will listen to your body and rest when needed. I know that I plan to heed my own advice!

Good luck with your training!

Wicked Shahp Blue Lobstah Branded Stuff

Blue Lobtah T Shirts – Only $10 bucks! Wow!!

Email Tim Lecrone to place your order before they are gone forever!

Tlecrone@msn.com

Upcoming Meet Schedule

January 2017

January All Month
USMS One Hour Swim
Event Website

January 29th
MDI Masters Meet
Bar Harbor YMCA
Entry Form and Information

February 2017

Febuary 5th
Philips Exeter Meet

Febuary 22nd
Toughen Up Challenge
TBD

March 2017

March 11th
NE-LMSC SCY Champs at Harvard
Distance Day
Event Website

March 17th -19th
NE-LMSC SCY Champs at Harvard
Event Website

Visit

www.mainemasters.org

To access all upcoming meets, important meet information, and signup forms.

Save The Date!

SCY Champs @ Harvard

March 11th &

March 17th – 19th

Maine Masters Swimmers
In The News

http://downeast.com/channel-champ/ ***– DownEast Magazine***

http://knox.villagesoup.com/mobile/p/four-midcoast-masters-swimmers-zone-in-at-championships/1605098 – knox.villagesoup.com

http://www.timesrecord.com/news/2016-12-15/Sports/Master_swimmers_triumph_in_meet.html – Brunswick Times Record

http://www.nelmsc.org/news-blog/2016/12/15/bath-sprint-meet-draws-impressive-crowds

Please contact mike@mastersswimmer.com with ideas and/or content for future Maine Masters Newsletters.

Letters to the Editor

Hello Maine Masters Swimmers,

I hope you enjoyed Issue #1 of the reinstituted Maine Masters Swimming Newsletter, which will be emailed quarterly to members.

Please email or Facebook message me any ideas you'd like to see, photos, stories, or articles you'd like to write about. I'll do my best to include your ideas in future publications.

Also, I would love for someone to write about Maine Masters Swimming records as they are broken. For this issue, I've included "Maine Masters in the News" that I found online.

Hope to see you all at New England's at Harvard in March!

Happy Swimming!

Mike Hurd

mike@mastersswimmer.com

Editor – Blue Lobtah News

To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others. – Tony Robbins