JANUARY 2009

Maine Masters
SWIMMING CLUB

New Year, New Board, Fabulous Swimming

We'd like to begin this first newsletter of the new year to salute the outgoing president of MESC, Frank Giustra, and welcome our new leader, Mike Schmidt. Frank inherited a workout group with low numbers and not a lot of statewide morale. During his term, one highlighted by a consistent presence and an irrepressible optimism, he and the rest of the board built not only a cohesive team but one that dominated (and continues to) the New England small-team competitive field. Thank you, Frank!

One of the main reasons, we performed so well at these meets is because of the internet-coaching and Aquaman-like swimming of our new president, Mike Schmidt. For those of you who haven't heard or have chosen not to receive Mike's emails, he sends weekly workouts both to sprinters and distance swimmers with highly detailed explanations—so detailed that a certain wag who swims for the New England team and lives in Brunswick, MAINE has taken to impersonating them at times—and then walks swimmers through the taper process at the end of each competitive cycle. Mike swam and coached under the legendary swimming guru, Ernie Maglischo, and is more knowledgeable about swimming than this writer is about his own navel. Many of us old swimmers have actually swum our fastest ever, even beating our younger selves, thanks to his tutelage. This is the last time this newsletter will so openly praise Coach Schmidt in fear of his head swelling too large but it must be admitted that we are a lucky team to have him leading us. So, a big welcome to President Schmidt and the rest of the MESC board! We are all looking forward to your term and the adventures that await.

Speaking of which, we've heard from a very reliable source (our own ears) that Mike has a small surprise planned for the SCY championships this spring at Harvard. While going on about proper hip movement when executing the modern breaststroke, Mike interrupted himself to say that he'd like to see 80 (yes, EIGHTY!) swimmers turn out for this particular meet with the goal of not only winning the small-team field but the entire meet. Having noticed that we've threatened them with only 35 or so swimmers, he feels that by merely doubling our turnout we can easily come home with the championship. So, in the spirit of a new year and a keen desire to welcome Mike to his new post, lets make this dream come true and show those teams *Upwest* not to mess with the Blue Lobsters. On to Victory!

Yes, that should have been the end but we don't want to miss this opportunity to pat all of you on the back simply for leaving your cozy homes, warm cars or heated offices to strive for your swimming best. We all live busy lives and it's often hard to get in the water so many days a week but you're doing it, day by day. Congratulations

Our new President, Mike Schmidt, just after setting the world record in the 400 I.M. at B.U.

Maine Masters Swimming Club Officers
President: Mike Schmidt
Vice-President: Doug Pride, Jr.
Secretary: Robert Johnston
Treasurer/Registrar: Son Nguyen
Director of Meets: Zach Gray
Recorder: Dieter Weber
Web Master/Historian: Ben Morse
Newsletter Editor: Hodding Carter

Breaking Down the Strokes with Karlyn Pipes-Neilsen

By Fritz Homans

Twenty-one years ago, I had just returned to the U.S. after living and working in Europe and was swimming with the Coronado, (California) Masters when I met fellow teammate, Karlyn Pipes. We both attended the Stanford Nationals in 1987 and shared many workouts, meets, and ocean swims over the next few years. In the 21 years since then, while I got fat and happy, Karlyn went back to college on a swimming scholarship at age 36 and has established over 200 world masters records. As if that wasn't bad enough, she's also been named Masters Swimmer of the Year in 2004 and 2007. She now teaches over 60 stroke clinics a year worldwide and is a big hit on the motivational speaker circuit (www.aquaticedge.org).

On December 6th and 7th, Karlyn, now Pipes-Neilsen, traveled to Maine from her home base in Hawaii to conduct one age group and two Masters swim clinics at the PenBay YMCA in Rockport. Both Masters clinics were full with 12 attendees for each of the sessions. She attributes her success to adjusting her stroke to a technique that some would call the new Australian crawl. With the use of contrast drills as well as sensory and visual drills, Karlyn breaks down the stroke to a simple, easy to understand format. Swimmers are immediately able to feel the difference between the "old" and "new" stroke. Each participant in the Masters sessions were filmed "before" and "after." Her energy and humor created a teaching style that was fun and made the information easy to comprehend and apply. There were major improvements in a short period of time and the test for each person will come if and when the participant continues to apply the techniques learned through training. Some of those attending her clinics at the PenBay Y were able to see her applying those techniques the following weekend at BU where she broke two more world records! Karlyn is planning to return the same time next year for more clinics in Maine.

New Year, New Board

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to all of you as well as to those of you who swam in the most recent New England SCM Championships at BU. We won the non-New England Masters category and took third overall yet again thanks to everyone who was there. There wasn't a swimmer who didn't score. Not bad at all. Dave Vail set NEM records in the 50-100 and 200 free for the 65-69 age group. Bill Rupert established new NEM records in the 50-100-200 back in the 65-69 age group, Mike Ross trounced the old World Records for the 50 back, 100 fly and 200 back for the 40-44 swimmers, Fritz Homans set NEM records in the 50 and 100 fly and 100 free in the 50-54 age group. Son Nguyen won a NEM Championship in the 200 breast for the 25-29 swimmers and Amy Klodzinski took home a NEM Championship in the 200 fly. Jessica Knight finished first overall in the 50 back in the 25-29 bracket and Kristi Panayotoff lead us in individual points, as well as took first in the 60-64 200 fly. Although we promised NOT to praise Mike Schmidt anymore in this publication, it must be admitted that he too swam exceptionally well winning many firsts, setting NEM records and establishing a new world record in the 400 IM.

And then there were our incredible relays. As usual we dominated them with every single swimmer in the meet participating in at least one relay (except, perhaps, Fritz Homans. Tsk, Tsk,). We set NEM records in the women's 160+ 200-free relay (Cheryl Daly, Beth Fries, Mary Estabrook and Jessica Knight), the men's 200+ 200-free relay (Mike Ross, Doug Pride, Dale Syphers, Dave Vail), the mixed 160+ 200-medley relay (Mike Ross, Cheryl Daly, Doug Pride, Mary Estabrook), the mixed 160+ 400-free relay (Doug Pride, Mary Estabrook, Mike Ross, Beth Fries) and the mixed 160+ 400-Medley Relay (Mike Ross, Jessica Knight, Doug Pride and Mary Estabrook). This last relay missed the National Record by .2 seconds with a 4:22.9 and Mary Estabrook's incredible relay participation is an inspiration to us all.

Swimmers Can Have It All On Swim Vacation

By Hodding Carter

"MESC swimmer George "Hopper" McDonough couldn't get to sleep. It was 3:00 a.m. on a beach on a deserted island in the Caribbean. It was raining hard on the plastic fish crate he was squeezing under, trying to stay dry. He had swum 15 miles the previous 3 days, island hopping with the author on an assignment for Outside Magazine. Out of nowhere, an idea occurred to him; wouldn't this be more fun if we had a big sailboat, someone else was making our meals, and we could pick our swimming locations rather than crossing big, choppy channels? That was the moment the idea for SwimVacation was born.

"Impressed with the combination of breath taking scenery, warm, crystal-clear water, and the pure adventure of swimming in the British Virgin Islands, McDonough felt that a modified version of his trip would have great appeal to athletes who wanted to train as well as relax aboard a sailing yacht. When Hopper got back to Maine, he wrote up a business plan, built a website, chartered a boat, and promoted the business. "

The above two paragraphs are part of a press release sent out by our very own Hopper McDonough, presenting an interesting twist on historical fact. Yes, he and I did swim from island to island in the Caribbean and yes, he did have to sleep under a fish crate but I personally think SwimVacation was MY idea, not his. However, since he got the whole thing off the ground and actually rounded up more than a half-a-dozen complete strangers who paid him to go swimming in the warm, clear waters of the British Virgin Islands, I'll let him push this fantasy version with just this one reminder: I did offer you the 4-foot surfboard as refuge during that long, wet night.

Hopper goes on to tell us that "SwimVacation the idea is now SwimVacation LLC, a thriving adventure travel company that caters to swimmers. Guests live aboard the *Promenade*, a 65-foot trimaran sailing yacht based in the British Virgin Islands. Hopper guides two swims per day, and in-between, his guests snorkel, water ski, scuba dive, take naps, and dine on gourmet meals. Evenings are spent listening to music, sipping Caribbean cocktails, and enjoying the company of kindred swimming souls. "

And supposedly, fellow MESC swimmer Mike Sloan said this of a trip from last April: ''My expectation was that I would swim a lot, get some coaching and advice, and visit a beautiful place while it was still cold in Maine.The trip far exceeded my expectations. We saw sea turtles, tons of fish, rays, coral and shipwrecks. It was like snorkeling, but we were getting great workouts.''

I don't know about the rest of you but one thing that has always bothered me is that all these sport enthusiasts get to go on vacations biking from charming villa to villa in Italy, or hiking hut-to-hut in Nepal or ski from cabin-to-cabin in the Swiss Alps or backcountry Colorado. That's why I originally asked Hopper to go with me on our little swim in the Caribbean: to show the world that you could go on a swimming vacation. Although I was a confident swimmer in pools and loved the bit of open water swimming that I had previously tried, I felt I was in way over my head (pun intended) in trying to swim more than 25 miles in five days—until Hopper agreed to come with me. He'd swum the entire length of Lake Champlain (or was it Lake George?) and swum in, and won, many open-water races. He'd fight off the sharks (or maybe be eaten first since I could sprint faster) and lead us through troubled waters. "Hopper, Hopper he's our man!" I kept chanting stroke after stroke the first few days of our historic outing and eventually squashed that nagging tune from "Jaws."

Not only did we successfully complete our swim voyage, finishing things off in style at Willy-T's (the notorious floating bar off Norman Island) with way too many toxic Painkillers, but now Hopper has made the dream

7th Annual Mid-Coast Masters Relay Festival

February 14th 2009 – Penobscot Bay YMCA, 116 Union St., Rockport, Maine

Sanctioned by NE-LMSC for USMS, Inc. Sanction Number xxx-yyy-SSCY

Saturday 2/14, 11:00 AM Warm up / 12:00 PM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events, see relay note below for relay entries). Seedings will be from slow to fast regardless of age or sex. Entries with no seed times will be placed in the slowest heat.

Heat sheets will be posted and available 15 minutes before the start of the meet. Separate results by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1	*See below*	400 Yard Medley Relay	*See below*	1
2		100 Yard Back		2
3		50 Yard Butterfly		3
4		100 Yard Breast		4
5	*See below*	200 Yard Free Relay	*See below*	5
6		50 Yard Free		6
7		200 Yard Choice: (pick one) [ ] Back, [ ] Breast, [ ] Fly		7
8	*See below*	200 Yard Medley Relay	*See below*	8
9		50 Yard Back		9
10		100 Yard Individual Medley		10
11		50 Yard Breast		11
12	*See below*	400 Yard Free Relay	*See below*	12
13		100 Yard Free		13
14		200 Yard Individual Medley		14
15		100 Yard Butterfly		15
16	*See below*	800 Yard Free Relay	*See below*	16
17		200 Yard Free		17

Note: The relay events will be seeded by the meet director and staff before the meet and entries will be posted at the meet. Swimmers will be matched up with other swimmers based on age and consideration will be given to records in the Maine Masters top 10 listings.

Relay Preference: *(check only one)*

[ ] Enter me in *only* the relays I have circled above. For medley relays, I would be willing to swim the following strokes:

_____

_____

[ ] I prefer not to swim in relay events

Participant Information

Name _____

Address _____

E-Mail _____

Home Phone _____ USMS# _____

Age _____ DOB _____ Gender **M** **F**

Emergency Contact *(name/phone)*_____

[ ] New England Masters (NEM) [ ] Maine Masters (MESC)

[ ] Other Masters Club (please indicate club _____)

Club members outside the New England LMSC **must attach a copy** of their current USMS membership card

Meet Details

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.

This is a sanctioned meet. *Only USMS Registered Masters swimmers 18 years and older may enter a sanctioned meet.* To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074.

Directions: *From south*: Take US Rt 1 north to Camden. At the *'stop'* sign, turn right onto Union St. Proceed through Rockport-Camden white arch. The "Y" is .3 miles on the left. *From north:* Follow Rt 1 south through the Camden downtown. Turn left at the three way intersection *(at the "Stop & Go")* onto Union St., and proceed through the white arch. The "Y" is .3 miles on the left.

Facility: New 8 lane, 25 yard competition pool with electronic timing

Awards: Time cards with individual results will be available for participants

Meet Director: Dieter Weber

Contacts: Dieter Weber (207) 529-2104 <dieter *at* Cisco.COM> or Carrie Carney <ccalifano *at* gwi.net>

Fees: The meet fee is $20, covering up to 5 individual events and 5 relays.
Make checks payable to **Mid Coast Masters**.

Send Entries To: Dieter Weber, 270 Nobleboro Rd., Bremen, ME 04551 *(entries must be postmarked by February 11th or received by February 13th, there will be no deck entries)*

Waiver *(must be signed by all participants)*

"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 COMMITEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITEES, 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 the Participant **Date**

The Bottom Line

"What is the one thing you learned at the Total Immersion clinic held at the Bath Y?"

Terry had some very interesting ideas and I think this clinic was geared towards the mature athlete. All of us there were mature athletes!! It was a good clinic. A few weeeks ago I had a chance to have dinner with Terry in New York. I was fortunate to have the chance to visit and go over some of his ideas twice in one month!

Charlie Butt, Brunswick
Former Bowdoin College Swim Coach

"What did you learn by watching the swimming competition during the 2008 Olympics?"

Felt that the large majority of the youth in this world and especially those representing them at the Olympics are doing just fine! The athletes performing in all the contests and the young Chinese youth putting on the show made me feel me that there is hope for this world of ours! The youth of this world when motivated.. can do great things! Now for the swimming...

1. These top ranked swimmers are fit...strong,.intelligent and truly dedicated towards becoming the best in the world. They demonstrated this in all those tight races were victory was won by 1/100 of a second... long finger nails?
2. The present day top athletes have to be professionals - that is... are paid to train for 6 to 8 hours a day and earn more than enough to survive what with money from US Swimming...sponsors..demonstrations and lectures..AND they do earn this money!! However I am a little sad at all this but guess we have put such demands on the athletes that this appears to be the only way to stay competitive. Even many many college coaches demand that their athletes train from four to six or more hours a day year round and take five or six years to get a degree if that ever happens. I remember one very prominent swimming coach boasting to me that he has a fine rate of graduation and this was the highest at his institution...around 50%.....I was shocked! He then asked me "well what is your rate at Bowdoin?" I said that I believe in my thirty plus years at that time I only had one or two not graduate plus a few that left Bowdoin because another institution would suit them better. ONE OF THE OF THE TWO that had to leave Bowdoin...joined the Army and after serving his time went to another institution and ended up getting his doctorate degree!!
3. What fine athletes those swimmers were,,,trim.. strong..well conditioned..fighters..not just the US swimmers and divers but all of them in the Olympic Pool. Made me proud to be an ex Swimming Coach!
4. SWIMMING made this Olympic Games one of the best ever!!! The TV coverage was good and if anyone has taped the swimming shows I would love to get a copy of same...thank you!!

Charlie Butt, Brunswick
Former Bowdoin College Swim Coach

I wasn't able to see too much of the Olympics, but there were a few things that I gleaned. One thing is that I still have at least three years to get to my peak performance. Dara Torres was quite an inspiration. Another is that Olympic swimmers look just like dolphins when kicking off of the walls. Core swimming, using the whole torso makes a difference. Smooth strokes not only look beautiful and seem efortless, but are effective. The last thing is that the new suit isn't that exciting. Michael Phelps didn't use one for at least a couple of his events and still beat his world records and won golds. I won't be investing any time soon.

Anneliese Pugh, Wiscasset

"Which swim meet do you like the most and why"?

We are trying to better serve you.

As far as Maine goes, I like the George Erswell Meet at Bowdoin. It's a fun time of year and always a good reminder of how much more work I need to do. Also, it's a great pool and the meet is run well. Otherwise, my favorite meet is New England Champs at Harvard. It's fun and fast!

Hodding Carter, Pen Bay Y

Swim Vacation

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reality. Finally, we swimmers can have it all by going on vacation and swimming at the same time. Lucky for the rest of you, he's tamed things down a bit, too. "Most of the swimming on a SwimVacation takes place in the secluded bays of a string of islands from Virgin Gorda to Norman Island. Guests are guided by me and an assistant over massive coral reefs, along white sand beaches, and among thousands of colorful fish. A kayak or dinghy often tails the group, offering a ride back to the boat or cold drinks," Hopper has explained.

One can only hope that beer counts as a "cold drink." After all, you are on vacation.

Trip prices range from $2,600 for a double occupancy cabin to $3,600 for a large single cabin and include three gourmet meals, open bar and luxurious cabins on a ginormous trimaran.

For additional information about SwimVacation, call (207) 975-5489, visit www.swimvacation.com or email me for the downlow. The site has diary entries and photos from the most recent trip.

Oil on Linen. *When We Were Young* **by Claudia Waters, 2008.**

"My underwater series captures random specific moments of figures in a pool environment to relate universal themes. I aim to reveal the inner essence with the purpose of expressing the universal unconscious.

It takes everyday moments in the pool in a way that eludes to our universal life experiences: obviously joy and fun but also buoyancy and resilience in the face of hardships in life."

Second Bi-Annual Casco Bay YMCA Toughen Up Challenge

February 22nd, 2009 – Casco Bay YMCA, 14 Old South Freeport, Freeport, Maine

Sunday 2/22, 8:30 AM Warm up / 9:15 AM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events). Seeding will be from slow to fast regardless of age. Entries with no seed times will be placed in the slowest heat.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		400 IM		2
3		50 BK		4
5		100BR		6
7		200 FR		8
9		50 FL		10
11		100 BK		12
13		200 BR		14
15		50 FR		16
17		200 IM		18
19		100 FL		20
21		50 FR		22
23		200 BK		24
25		100FR		26
27		100IM		28
29		200 FL		30

CHECK BOX IF YOU ARE PARTICIPATING IN THE TOUGHEN UP CHALLENGE

SPRINT ☐

DISTANCE ☐

Participant Information

Name _____

Address _____

E-Mail _____

Home Phone _____ USMS# _____

Age _____ DOB _____ Gender **M** **F**

Emergency Contact *(name/phone)*_____

[ ] New England Masters (NEM) [ ] Maine Masters (MESC)

[ ] Other Masters Club (please indicate club _____)

Club members outside the New England LMSC **must attach a copy** of their current USMS membership car

Meet Details

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.

This is a recognized meet (----------). Proceeds from the meet will go to support the Casco Bay YMCA Stripers Swim Team. Although we encourage meet swimmers to be a member of USMS, all swimmers are welcome and encouraged to experience adult swim competition.

Directions: *Take exit 17 off I-95 in Yarmouth to US route #1 north. Go ¾ of a mile and turn right ont Old South Freeport Road, YMCA is the next right. (If you get to the Big Indian you have gone to far.)*

Facility: 8 lane, 25 yard competition pool with electronic timing

Awards: Time cards with individual results will be available for participants

Meet Director: Ben Morse

Contacts: Ben Morse 207-240-2155 or bmorse@usms.org

Fees: The meet fee is $20, covering up to 5 individual events for mailed entries. Deck entries will be $30. Make checks payable to **Ben Morse.** *(Mailed entries must be received by February 19th, deck entries will be accepted until 8:45 on the day of the meet)*

Send Entries To: Ben Morse, 84 Hennessey Ave, Brunswick ME 04011

Waver *(must be signed by all participants)*

"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 COMMITEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree t abide by and be governed by the rules of USMS"

_____ _____

Signature of the Participant **Date**

Fall Round-Up

Well, putting it simply, we had one incredible fall swim season with the meet at Bowdoin starting things off with a bang. Some 90 swimmers attended but most memorable were the Cape Elizabeth wonders in their black uniforms. Kristy Panayotoff wrote, "Remember in the beginning of the Hitchcock movie, The Birds, there were just a couple of those black birds perched on homes and telephone lines? Then more and more began to arrive, finally alarming the townspeople? Well, that's what happened at the season opener at Bowdoin as a couple of black shirts eased onto the deck and then as other swimmers arrived more and more of them flew in until Coach Kerry had a flock of more than 30 swimmers perched on folding chairs."

A number of new swimmers returned to the pool for this meet, including Nancy Prentiss of the Farmington Y, Neal Willamson, and Helen Bonzi of the Pen Bay Y. Doug Pride set the NEM record for the 100 yard back.

Next stop was Portsmouth, hosted by Great Bay Masters. It was our first chance to swim SCM this fall and a fun meet. Bill Rupert set 3 NEM records in various races—all on his back--deciding for once NOT to miss a turn.

Then we had the new meet in Portland and it was a real relief and joy to have a SCM meet in Maine during the regular SCM season. This was followed by the sprint meet at Bath but this reporter does not have the results. It is believed that people swam quickly, especially in the 25-yard races.

The SCM championships held at BU have already been covered but we do want to mention one more swimming accomplishment, or actually several that were achieved there and elsewhere this fall: Maine Masters' very own Mike Ross set 8 (EIGHT) World records this fall in the 40-44 age group. No, that's no mistake. The wonderkind, powered by a new suit and admirable effort, tore the pool up, meet after meet. Although he does not reside in the Blue Lobster state, thank goodness he swims for us. Well done, Mr. Ross!

Maine Masters Swim Club
Hodding Carter, Newsletter Editor
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