Maine Masters
SWIM CLUB

2009 New England LMSC Short Course Championships

Although a few weeks (okay, months) have passed, we are still trying to sum up the 2009 NELMSC Short Course Yard Championships held at Harvard's Blodgett Pool on March 21 and 27-29 without sounding too hysterical. In the interest of journalistic integrity and respect for our fellow competitors from other New England states and teams, we have thought it best to show some restraint when reporting on this meet…but to heck with that.

Rock Lobsters!

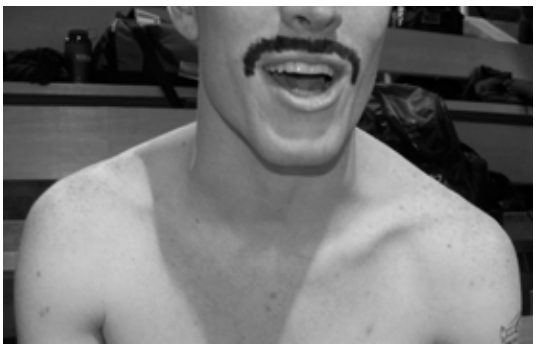
As we all undoubtedly know, even those of you who were unlucky enough to be absent from this magnificent swimfest, the Blue Lobsters dominated and there's no subtle way of putting it. Not only did we win our subcategory as we have for the last three years now but we also took the entire meet. Thanks not to one single individual's accomplishments but instead to our collective effort as a whole, Maine Masters swam fast, swam often and swam away with this year's championship by scoring 7295 points.

In case you haven't heard, the Maine Masters Blue Lobsters are the 2009 NELMSC SCY Champions!

How exactly did we pull this off? Our new president, Mike Schmidt, made it known last fall that he was hoping we would travel down to Boston with more swimmers than ever before and thanks in large part to the tireless work of Son Nguyen and Zach Gray, that's exactly what happened. Eighty-two swimmers, not only from all over the state but the entire country, thawed out from our long winter and represented Maine, swimming 539 individual events. These individual swimmers, led point-wise by Bill Jones and Kristi Panayotoff, racked up hundreds of points each and set an impressive 29 New England records. It was, however, our indomitable relays that cinched the victory. Not only did we field a relay in every category and nearly every age group but quite often, those relays won, scoring 40 points at a pop. The 45-and-over 400-freestyle relay of Mike Schmidt, Andy Thomas, Hodding Carter and Doug Pride set Maine's only national record. In all, we outfitted 66 relays which won 29 times and scored 1654 points. Thanks to those relays, we were so far ahead by Sunday that we could have quit swimming after the first event that final morning and still have won the meet. Not that we're bragging.

Speaking of not bragging, this is what President Schmidt had to say about the win, "What do you want me to say? We did a good job. People had fun. And nobody got hurt. I hope we can make this the first of many."

Lee Lindenau and his good friend, Heather Shields, can't help but smile while watching MESC flood the competition.



The return of Zoro?

The Record Setters! Mike Schmidt, Doug Pride, Hodding Carter, and Andrew Thomas share a hug after setting a national record in the Men's 45-plus 400 Free Relay.

Newbie Masters swimmer Adam Scott gets sage advice from an old hand, Drew Darling, at Scott's first New England Championship meet.

Maine Masters Swim 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

The Party's Over—Or Is It?

Most of you have probably heard that FINA finally took action regarding the ever-increasingly popular "tech" suits that most Masters swimmers wear in competition. With new world records being set every time an elite swimmer merely dipped his/her toe in a pool, it became a matter of time when (no longer if) FINA would turn on the lights and break up the party.

It happened May 19, 2009 when FINA published a list of 209 suits that had met its approval for competition, sent 136 suits back to their makers for modifications and outright banned 10 (without saying which were the 10). It may or may not be a coincidence that the Speedo LZR happened to have the approved amount of buoyancy and/or thickness but it is interesting that FINA did not decide to act until Speedo's tech suit was being outsold by the blueseventy nero and the Jaked 01 in many markets. Both the blueseventy nero and Jaked 01 were not on the approved list but their makers claim their swim suits have passed all published criteria.

So, what do you do with your slightly suspicious swim suit? Go into the superhero business?

No—at lest not yet—according to USMS National President Rob Copeland. Since FINA has not made its 10 banned suits public nor the 136 sent back for modifications, USMS is saying all suits are legal—for now.

"At this point in time no suits should be listed as banned by U.S. Masters Swimming for pool or open water swimming," Copeland said in a statement released on May 20. "While FINA has listed the 202 approved swimsuits, FINA has NOT listed the 10 suits that have been 'rejected for not passing the tests of buoyancy and/or thickness'

or made a ruling on the 136 swimsuits to be modified in accordance with Dubai Charter. Until FINA provides the definitive list of banned swimsuits and specific actions on the 136, we should not report any suit as banned in a USMS sanctioned event."

In other words, it ain't over yet—at least by our publication date. You can race with any tech suit in any Masters meet until FINA makes their decisions transparent.

UPCOMING EVENTS

(see www.mainemasters.org for details and online forms)

NELMSC Long Course Championships (Middlebury, VT)	**June 26-28**
Peaks to Portland (Portland)	**July 25**
USMS LCM National Championships (Indianapolis, IN)	**August 6-10**
Rockland Breakwater	**August 29**

2009 New England LMSC Long Course Meters Championship

June 26-28, 2009, Middlebury College, Middlebury VT

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 040-005-SLCM--2009

Enter a maximum of **FIVE** individual events per day, plus relays.
Please enter **LONG COURSE METERS** seed times.

Please print seed times clearly. Use a colon between minutes and seconds.
A seed time must be provided for each event entered.

Event #	Seed Time **Women**	Event	Seed Time **Men**	Event #
Friday June 26, 12:00 noon warm up, 1:00 p.m. start				
1		1500 Meter Freestyle		2
3		800 Meter Freestyle		4
Saturday June 27, 8:00 a.m. warm up, 9:00 a.m. start				
5		200 Meter Freestyle		6
7		100 Meter Backstroke		8
9		50 Meter Breaststroke		10
11		200 Meter Individual Medley		12
--		400 Meter Freestyle (Men)		14
15		200 Meter Backstroke		16
17		50 Meter Butterfly		18
19		100 Meter Breaststroke		20
21,23	Deck Entry	400 Meter Free Relay	Deck Entry	22,23
Sunday June 28, 8:00 a.m. warm up, 9:00 a.m. start				
25		400 Meter Individual Medley		26
27		100 Meter Freestyle		28
29		50 Meter Backstroke		30
31		200 Meter Butterfly		32
33		400 Meter Freestyle (Women)		--
35		200 Meter Breaststroke		36
37		50 Meter Freestyle		38
39		100 Meter Butterfly		40
41,43	Deck Entry	400 Meter Medley Relay	Deck Entry	42,43

PLEASE PROVIDE ALL OF THE FOLLOWING INFORMATION AND SIGN AT THE BOTTOM. INCOMPLETE AND/OR INCORRECT ENTRY FORMS WILL NOT BE PROCESSED UNTIL ALL DISCREPANCIES HAVE BEEN RECTIFIED.

Name: _____ Gender: [ ] Male [ ] Female

Address: _____

Phone: _____ Email: _____

Citizenship: [ ]United States [ ]Canada [ ]Other_____

Age on 12/31/09: _____ DOB: _____ 2009 USMS #: _____

[ ] New England Masters: Workout Group: _____

If you are a member of New England Masters, but are not sure of the name of your workout group, go to the meet website to find the official name and/or abbreviation.

[ ] Great Bay Masters [ ] Maine Masters [ ] Vermont Masters [ ] West Side Swim Club

[ ] Other: Club Name _____ LMSC: _____

Please attach a copy of your 2009 USMS card.

SATURDAY NIGHT SOCIAL: Please add $20.00 per person to your entry fee if you would like to attend the social to be held at 6 pm on Saturday, June 27 at Roland's Place.

Meet entry fee	= $ 20.00	Mail to:
# of individual events:_____ x $ 5.00	= $_____	NE LCM Championship
Saturday Social: _____ x $20.00	= $_____	321 N Bingham St
		Cornwall, VT 05753
Total (payable to *Middlebury Muffintops*)	= $_____	

ENTRY DEADLINE:

Entries must be postmarked by Monday June 1, 2009 or received by Wednesday June 3, 2009.

LATE ENTRIES: If you miss the entry deadline, you may submit an entry form with an additional $15 penalty. Late entries must be received by 6:00 p.m. on Monday June 15.

MEET ENTRY CAP: If, in the judgment of the meet directors, the event timeline approaches the limitations of pool availability, no further entries will be accepted. *Please enter early!*

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 of 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 CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE PRESIDENT AND FELLOWS OF MIDDLEBURY COLLEGE, 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: _____ DATE: _____

The Bottom Line

By Sandy Potholm

"What role does nutrition play in your training regimen? Or do you think nutrition plays a major role in your performance?"

The question on the relationship of nutrition is very good.As you know that subject is covered in the USMS national magazine each month, and covered in the running magazines, bicycling magazines, etc.

Here is my answer: You can swim a little or a lot overweight, and it will not hurt you--you'll just swim slower. And in my case, swim even slower than I usually do. The state of being overweight is the result of poor nutrition. Many times when I have left home for an early morning drive to a meet, and have consumed lots of coffee, and no nutritious food before the meet, I have swum poorly. DUH, Kristi!

After our Saturday morning practice, many of the Pen Bay Y masters go for breakfast at a nearby good breakfast place. In fact, recently we had 32 people at practice, so afterward we basically INVADED the restaurant. Our swimmers have "invented" having their garden eggs Benedict atop blobs of oatmeal rather than on English muffins.

Kristi Panayotoff, Pen Bay Y

Oh dear, I think you have asked the wrong person! I tend to be a little deficient when it comes to a good diet. I do make a conscience effort to eat well, but at times proper nutrition just "flies out the window".

To answer your two questions:

1. Now that you have asked me this question I will try to properly fuel my body. Currently nutrition does not play a huge role in my training program, but then again I have not had much of a training program.

I try to eat something simple before a workout, something starchy/carbohydrate. After a workout I try to get some protein into my system, but I am not always successful at this.

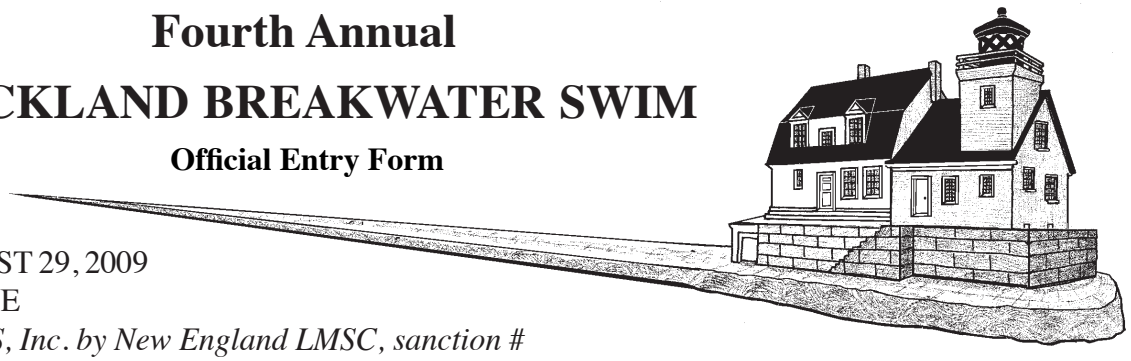
2. Yes, I do think nutrition does play a major role in one's performance. Proper nutrition and rest and a balanced body is a happy body... and mind. I will work on this as well!

Bridget Convey, Augusta Y

I'm somewhat of a contrarian on this subject as I don't think nutrition plays a major role unless you're in horrible shape or only eat junk food. As long as you're fit and eat a balanced diet, I'm more of the Michael Phelps school of thought which is you just need to feed the engine. Lots of calories when you've done something hard and not many otherwise. I've seen no greater gains when I've been neurotic about food than when I've been totally haphazard. That said, I do believe in trying to find the right balance of complex and simple carbs, protein and fats. And I love drinking a tall glass of chocolate milk after a hard workout to aid recovery. Supposedly, it does the same job as those expensive recovery drinks at a fraction of the cost.

Hodding Carter, Pen Bay Y

Fourth Annual
ROCKLAND BREAKWATER SWIM
Official Entry Form



SATURDAY, AUGUST 29, 2009
ROCKLAND, MAINE
Sanctioned for USMS, Inc. by New England LMSC, sanction #

Individual Entry Information

Name_____ USMS Registration #_____

Address_____ DOB _____ /_____ /_____ Age (race day)_____

City_____ State_____ Zip_____ Gender (circle) M F

Phone (_____) _____ E-mail:_____

Must check one or the other:

Wetsuit category ☐

Non-wetsuit category ☐

Must check one or the other:

1.6 mile swim ☐

3.2 mile swim ☐

T-SHIRT SIZE ☐ S ☐ M ☐ L ☐ XL ☐ XXL

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 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 CONDITON OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water swimming and agree to assume those risks.

Signature_____ Date_____

Entry Fees and Deadlines

Early bird entry - received by 7/31/09 ($50.00) $_____

(OR)

ENTRY FEE received 8/01~8/27/09 ($75) $_____

TOTAL ENCLOSED $_____

ATTACH A COPY OF YOUR 2009 USMS REGISTRATION CARD HERE.

Make check payable to Pen-Bay Masters and mail with this entry/release form and *a copy of your 2009 USMS card* to:

Rockland Breakwater Swim
P.O. Box 702
Union, ME 04862

Info: contact Douglas Roth (207) 273-2907
Info: contact Dieter Weber *dieter@cisco.com*

continued from previous page

Most of my training is in the morning and since dinner would have been 12 hours previous, I find it helpful to have some fuel that is primarily carbohydrate prior to workout. If the workout is longer, like a hike or a long bike ride, I make sure that protein is part of what I drink or eat. Just as important, if not more so, is ingesting some type of carbohydrate/protein mix after workout such as a recovery drink, a meal or both. Regardless of training, I try to avoid foods with simple sugars added.

I do feel that nutrition is important, but is only part of the puzzle. Good nutrition is not going to replace smart training, but smart training often cannot take place without good nutrition.

Doug Pride, Freeport Y

As for the question, I try to eat a healthy diet with whole grains, lean protein, fruits and veggies... but I have not changed my eating habits since becoming a master's swimmer. I would like to learn more about how nutrition could improve my performance.

Jennifer Rooks, Cape Elizabeth

Help Wanted

Wet. Wild. And relatively fast moving industry needs an athletic-minded doer to take our group to the next level. No pay. No benefits. If you think you have what it takes to be the next Maine Masters Newsletter Editor please contact Mike Schmidt so your candidacy can be included in the next board meeting for consideration. Unless, of course, you're happy with the Newsletter's current production schedule. If that's the case, then sit back and wait a few months for the next scintilating copy of your MESC Newsletter.

Blue Lobster Superstar!

Mike Ross set so many national records for the 40-44 age group this past season that we completely lost count but what a hairdo. Way to go, Mike! Mr. Ross set some of these while away at the Masters Colonies Zone championships. Accompanying him way down South in Virginia were one-half of the Dynamic Duo (Son, minus Zach, that is) along with President Schmidt, Beth Fries, Kristi Panayotoff, Mark Duff, Mary Estabrook, and Sharon Hudson. They won the small-team title with only 8 swimmers!

www.mainemasters.org

Maine Masters Swim Club
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