

Mid-Maine Dolphins' Handbook

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Contact Information

<u>Aquatics Director:</u>	David Turnage (207) 873-0684 (w) DTurnage@alfondyouthcenter.org (w)
<u>Little Dolphins & Bronze 1 Coaches:</u>	Tim Lecrone , Sat. a.m. Coaching Coordinator Emily Clark, Jr. Coach Billy Price, Jr. Coach Courtney Klaiber, Jr. Coach
<u>Bronze 2 Coaches:</u>	Linda Holmsen Andy Estrada , Assistant Coach Aaron Greene , Assistant Coach
<u>Silver 3 Coach:</u>	Jessica Beers (Jess) Andy Estrada , Assistant Coach Brendan Mahns, Jr. Coach
<u>Silver 5 Coach:</u>	Teresa Mahns (Tess)
<u>Silver 5 Coach:</u>	David Turnage
<u>Gold Coach:</u>	Beth Pregovisk (207) 242-1208 (c)
<u>Gold Plus Coach:</u>	Tim Lecrone (207) 649-4406 (c)
<u>Waterville YMCA main desk:</u>	(207) 873-0684
<u>Parent Board President:</u>	Teresa Mahns (Tess) TessMMFM@myfairpoint.net (email)
<u>Website address:</u>	http://midmainedolphins.com

***If you are unable to make a meet
please contact a swim coach listed above to let them know.
Coaches will be waiting for your swimmer if they are on the meet schedule.
Relays may depend on your child's attendance. So please give notice if possible.***

Welcome

Welcome to the Mid-Maine Dolphin swim team. If questions arise that are not answered here, feel free to ask a coach (after practice or via email) or a seasoned parent.

The MMD (Mid-Maine Dolphin) swim team is more than 150 swimmers strong, ranging in age from 6-18 years. MMD has a two-season competitive swimming program.

Winter season runs September through early March.

Summer season runs May through July.

Swimmers can create a year-round swim opportunity by registering for both winter and summer seasons (these have separate registrations: early fall and late spring).

It's not mandatory to swim both seasons.

Swimmers may also work swim into their schedules around other sports. This may mean signing up for the winter season, consulting with the coach regarding scheduling, and not beginning to actually swim with the team until late October. Don't let interest in other activities deter you from looking into swimming. Speak with a coach about how to best work around your conflicts but do register at fall registration to hold your spot on the team.

Being part of the team provides swimmers an opportunity to learn teamwork, time management, goal setting, persistence, responsibility, discipline, diligence and it fosters a sense of community while cultivating self-esteem. Dolphin swimmers make friendships that can last a lifetime while also learning proper stroke and swim mechanics. It is a place for youths to challenge themselves and accomplish great things. Swimming is one of the best cardiovascular and overall fitness activities. It is relatively injury free and can be enjoyed year round and throughout your life.

Swimming goals can be attained through two concurrent swim opportunities offered Dolphin swimmers, YMCA swimming and USA swimming. Find out more about these opportunities on pages 6-8.

Our Philosophy

The Dolphins' philosophy is that every child who would like to be on a swim team or who thinks they would like to compete, has a place to go to reach those goals. From our Little Dolphins group, which teaches the four competitive strokes and starts and turns, to the Gold Plus group which has sent swimmers to both the Eastern Zone Competition and YMCA Nationals, to the **US Masters swim team for the over 19 age group, swimming can be a lifelong activity for both competition and recreation.

Every child has potential and we do everything we can to develop that potential.

(**The B&GC & YMCA support the US Masters' program and goals but does not have a home-based team)

The YMCA Mission

Through spirit, mind and body,
we are a positive place for kids by focusing on
caring, honesty and responsibility.

Coaching Staff

David Turnage (Aquatics Director, Co-Head Coach, Silver 5 coach)

David has 33 years coaching experience in high school, collegiate, USA & YMCA swimming. In his career, David has developed two age group teams, one in New Jersey and one in upstate New York. He has also coached 10 All-American swimmers.

Beth Prelgovisk (Co-Head Coach, Gold coach)

Beth received the Kay Fromer Award for most points over a college swim career at UMO. She coached H.S. swim for 8 years and has coached YMCA & USA swimming for 12 years. She teaches P.E. & is the health coordinator for the Messalonskee School District.

Linda Holmsen (Bronze 2 coach)

Linda dove competitively on her MA. H.S. team then competed in college synchronized swimming. She taught swim lessons for 6 years followed by 5 years as an assistant coach for the MA. rec. program. Linda is in her 9th year coaching the Dolphin Swim Team.

Tim Lecrone (Gold Plus coach, Little Dolphins & Bronze 1 Coaching Coordinator)

Tim was UMO Capt. for 1 year & recipient of the ME. Scholar Athlete Award for academic excellence. He coached H.S. swim 3 yrs. & is in his 3rd year coaching MMD. Tim works as the Coordinator of Wellness & Student Activities at The University College of Bangor & is a competitive Master's swimmer.

Teresa Mahns (Tess) (Silver 5 coach)

Tess is a freelance writer with one book and numerous magazine and newspaper articles to her credit. This is her third year officiating YMCA & USA meets and second year coaching. She also serves the team as the MMD Parent Board Association president.

Jessica Beers (Jess) (Silver 3 coach)

Jess was Captain of her varsity swim team for one year at Colby, was twice awarded the Scholtz Coach's Award and for 3 years received MVP for varsity swim. She's a Masters' swimmer & certified lifeguard. Jess coached swim for 2 years at the YMCA in CT and served 2 years as an assistant coach at Colby College.

Andy Estrada (Bronze 2 assistant coach)

Andy swam competitively 10 years, including 2 yrs. with the MMD. He taught swim lessons & was an assistant coach last season. Andy attends Colby College, with a dual major in Government and Economics.

Aaron Greene (Bronze 2 assistant coach)

Aaron has taught swim lessons at the B&G Club & YMCA for 5 years. He's been a Master's swimmer for 3 years and is well ranked in the state having competed in the N.E. Masters ranking top 6 in his events.

Emily Clark (Jr. Coach)

Emily has excelled in H.S., YMCA, & USA swimming. She is a top 16 swimmer in the state who has been recognized in the Morning Sentinel & represented Maine at the USA Regional Zones Competition.

Billy Price (Jr. Coach)

Billy is a certified Red Cross lifeguard & Water Safety Instructor who has been a member of the Dolphins and H.S. swimming for 4 years. He is currently working on his EMT to become a volunteer fireman.

Courtney Klaiber (Jr. Coach)

Courtney has been swimming competitively for 6 years both YMCA & USA swimming. This is her second season as an MMD Jr. coach.

Brendan Mahns (Jr. Coach)

Brendan is an honor student at St. Dom's H.S. and has been swimming competitively since he was 9 years old. He is a member of both YMCA & USA swimming and currently holds 6 MMD board records.

Joining The Team

Step One: Try out: interested youths must attend a try-out and swim for a supervising coach during the last week of September. The coach is not there to judge you but rather to see what level of ability you demonstrate in the water.

Step Two: Placement: after try-out the coach will discuss with the parent/guardian and swimmer what level of training they feel is the best fit for the swimmer. Little Dolphins, Bronze 1, Bronze 2, Silver 3, Silver 5, Gold and Gold Plus are the possible groups to which your swimmer may be assigned. (Explanations of each swim group can be found in this handbook on page 5).

Step Three: Registration: once the parent/guardian and swimmer decide they wish to join the MMD team they can register.

1. A check payable to the Boys & Girls Club & YMCA for the cost of the swim group to which your swimmer has been assigned. **(mandatory)**
(This check includes their \$15 B&GC & YMCA annual membership)
(Prices for Little Dolphins through Gold Plus vary as they differ in number of hours offered for practice)
(See fee structure on page 10)

2. A check payable to the Mid-Maine Dolphins for the following:

a. Swimmer's booster fee \$50. **(mandatory)**

b. Aquathon fee \$50. **(mandatory**see note below)**

******(swimmers may fundraise this amount, rather than writing a check for it, by participating in the Aquathon and gathering pledges. *If swimmers will be choosing not to participate in the Aquathon, they are required to pay this fee upfront.* Parents will sign a promissory note at registration saying they understand their swimmer is required to participate in the Aquathon and fundraise a minimum of \$50 through that individual fundraiser. This does not affect participation in other fundraisers.)

d. Team swimsuit and cap. (sizing is done at time of registration) **(optional)**

e. USA Swimming registration \$56. **(optional, see Coach if interested)**

***Fundraising is a crucial element in funding the team,
support of these endeavors is part of your membership commitment.***

YMCA Team Swim Groups

Regular attendance is important to succeed & achieve goals

Little Dolphins: is a pre-competition swim group run Saturday mornings, 9:00-10:00am for 11 weeks. Little Dolphins is designed for those swimmers not quite ready for competition. Classes emphasize the four strokes, starts & turns.

Bronze 1: practice is Saturday, 9:00-10:00am. Bronze 1 & 2 swimmers are offered the option of competing in meets. This program works on strokes, starts and turns, dives and breathing technique. Children must be able to swim 25 yards back and free.

Bronze 2: practice is two days a week, the options are: Tues/Sat. or Thurs./Sat. Saturday's session is from 9:00-10:00am and Tuesday & Thursday are 4:00-5:00pm. Bronze 1 & 2 swimmers are offered the option to compete in meets. This program works on strokes, starts, turns, breathing technique, dives and builds stamina by increasing yardage.

Silver 3: practice is 3 days a week, Mon., Wed., Fri., 4:00-5:00pm. Concentration on stroke development is key. The Silver program provides training and guidance in all strokes, race starts and turns. Yardage and intensity is higher than in the bronze level.

Silver 5: practice is five days a week, Mon. through Fri., 4:00-5:00pm. Concentration is on form refinement in all four strokes as well as race starts and turns. Greater stamina is developed, as days in the pool and yardage are both increased over the Silver 3 level.

Gold: practice is 5 days/week, Mon.-Fri., 5:00-7:00pm. Swimmers are expected to attend 4-5 practices a week & encouraged to set short & long term swim goals. They'll swim greater yardage & have their stroke, start and turn technique fine-tuned. Level Gold swimmers are expected to provide a positive example to younger swimmers by being on time, cleaning up their equipment and applying themselves in practice.

Lane 4 Gold: Mon./Wed./Fri. practice is 4:15-7:00pm. Tues./Thurs. practice is 5:00-7:00pm. Four days a week attendance is mandatory unless absence is coach approved. Swimmers must be physically capable of doing Lane 4 Gold workouts. Swimmers must participate in Y meets chosen by the coach. They must arrive early and be ready to go before all practices and meet times. Swimmers are expected to conduct themselves as role models for younger swimmers by acting with responsibility and respect.

Gold Plus: Mon./Wed./Fri. practice is 4:15-7:00pm. Tues./Thurs. practice is 5:00-7:00pm. Five days a week attendance is mandatory unless absence is coach approved. Swimmers in Gold Plus add dryland, increase yardage and set goals. Time management between school, home and swim is an important skill further developed at this level. Gold Plus swimmers must commit to the full season and cannot enter late for another sport. Gold Plus swimmers must join USA swimming and participate in both USA & Y meets. The Gold Plus swimmers are expected to have a good attitude, work hard and be respectful to all swimmers, coaches and officials. On deck and in the pool, they represent the Dolphins.

Pre H.S.: the pre-H.S. swim program has two options to choose from:

Pre H.S. option 1: 8 wks. MMD practice pre H.S. season, participate in 3 Y meets and in Y States, attend psyche party and banquet.

Costs: \$110 Alford registration, \$25 MMD booster fee, \$0 aquathon obligation

Pre H.S. option 2: 8 wks. MMD practice pre H.S. season, no Y or State meets, no psych party, no banquet.

Costs: \$110 Alford registration fee, \$0 booster, \$0 aquathon obligation

In both options after 8 weeks pre H.S. practices, you've finished with Dolphin practices.

YMCA Swimming

Our team is a member of the Maine YMCA swim league. We swim in dual, closed and invitational meets throughout the winter season (Oct.-Mar.) At **dual meets** two teams swim against each other in a competitive format. **Closed meets** may have three or four teams participating. **Invitationals** are meets a YMCA offers open to any other Y teams that would like to participate; there is usually a cut-off on numbers participating as meets cannot exceed four hours.

YMCA meets are typically held Saturdays and last 2.5-4 hours. There are about a dozen YMCA meet opportunities during the winters season and 3-4 offered during the summer season.

YMCA swimmers compete in age classes: 8 & under, 9-10, 11-12, 13-14, and 15 & over. For YMCA Swimming, a swimmer's age is determined by their age on December 1st of that winter season.

******A sign-up sheet is posted on the Dolphins' bulletin board a week before each Y meet. It's the swimmer's responsibility to indicate YES or NO on the form, as to whether or not they are planning on participating in the meet. If yes, they are then asked to check three events they'd like to swim. ******

The coaches use this list to plan meet events. Swimmers are not guaranteed the events for which they signed up; however, coaches will make every effort to try and honor at least one of the swimmer's choices. Sometimes the other events may be changed to provide better point opportunities for the team or a new opportunity for the swimmer.

Points are awarded to the team whose swimmers finish in high positions. The points are then tallied and teams are assigned finishing places for the meet. In order for the MMD team to have the best possible finish, it is sometimes necessary for coaches to place swimmers in a relay event, rather than in an event they've chosen, or to place the swimmer in another individual event where they may garner the team more points.

Coaches are sensitive to the fact that swimmers may have swims they want to accomplish. That is why when swimmers select their three choices, they are asked to number them in priority order, 1, 2, 3. Our coaches will do their best to help swimmers not just yield the best team results, but the best personal results as well.

Swimmers usually swim three events a meet. Ribbons are typically awarded 1st - 8th place and personal best times. Ribbons are filed in the black MMD ribbon box in a folder with the swimmer's name on it. Swimmers should check the ribbon box a few days after a meet. Ribbons should be taken home so the box doesn't get overfull.

There are **home meets**, held at the Alford Youth Center, home of the Dolphins. Warm-ups typically begin at noon and the meet usually starts at 1:00pm.

Away meets may be swum at any of the other sixteen YMCA venues in central and southern Maine. Directions will either be posted in the directions folder next to the

bulletin board or sent home via newsletter. Warm-up and start times will be listed.

Parents are responsible for providing transportation to and from all meets. More and more carpooling is a valuable option. Your Swim Team Phone Directory may help you connect with those that live near you that may also want to carpool.

Dual and Home Meets are mandatory, unless given coach's permission to miss the meet. Other Y meets are optional. A swimmer must compete in three YMCA meets to be eligible to compete at the YMCA State Championships in March, at UMO. **All swimmers are expected to participate in the YMCA State Championship in March.** If you plan to spend the night for States, you should make a reservation *at least* one-two months in advance, as the Bangor/Orono hotels and motels fill up completely each March.

YMCA swimming offers swim opportunities beyond Maine if your swimmer has made the cut times (which are qualifying times needed to participate in a championship meet). In March, following the YMCA state meet, which is the culmination of the Y winter swim season in Maine, a swimmer may elect, if he/she meets the cut times, to participate in the YMCA New England Regionals.

YMCA New England Regionals (often referred to as New Englands) is a Y swim competition held in March, usually a week or two after Y States. The location alternates between Harvard University in Cambridge, Massachusetts and Brown University in Providence, Rhode Island. Here the best in New England come to swim. It is a great opportunity, one which swimmers work hard to attain. Qualifying for New Englands is an exciting accomplishment in a young swimmer's career.

Nationals, is the next rung in the YMCA swim competition ladder. Hard work, season in and season out, may bring your swimmer to Nationals. This Florida meet is the goal of many age group swimmers 12 and older, but only a small number qualify each year. It is an elite competition group and an honor to accomplish.

Qualifying time sheets for both New Englands and Nationals will be listed on the team website and on the bulletin board. These times are fine-tuned and updated each year. Transportation to these meets is the swim family responsibility.

Remember swimmers need a healthy snack (carbs: breads & fruits) before practice, and a snack awaiting them after practice (protein & carbs: low fat yogurt, banana..)

USA Swimming

Our team participates in Maine Swimming, which is the state's **Local Swim Committee (LSC)** of United States of America Swimming. Participation in USA meets is optional.

USA and YMCA swim practices are one in the same. There is no additional practice time. There are additional meets. On average, there are 3-5 USA winter season meets from which to choose and 2-4 USA summer meets. USA meets are typically offered on Sundays. Two winter season USA meets are more than one day long.

USA Swimmers compete in age classes: 8 & under, 9-10, 11-12, 13-14, and 15 & over. For USA swimming, a swimmer's age is determined by their age on the day of the meet (or if it is a multiple day meet, on the first day of the meet).

For Gold & Gold Plus Swimmers: **The Bowdoin Open**, usually held at Bowdoin College, is a three-day event. And **USA Winter Championships**, which is the culmination of the winter season, runs four days and is held at either Bowdoin College or UMO, in March. Both events draw the top swimmers in Maine and provide a wonderful opportunity for swimmers to achieve their best times of the year. Bangor/Orono hotels and motels fill up completely each March, it is recommended you make reservations as early as possible.

There is an additional fee to join USA swimming. This is a worthwhile investment if your youth wants to dedicate additional time to the sport. USA swimming offers many unique opportunities. Swimmers go to more venues, have a wider variety of events to choose from, they select their own events, and USA meets typically allow an individual to swim more events (3-6) than does a Y meet (3).

Listing of USA meets will be on the bulletin board. Sign-ups will be on the board. *You and your swimmer need to be proactive in looking at the board and signing up.* You do not need to participate in all USA meets if you join USA swimming. They are optional.

USA meets typically have an entry fee for each event a swimmer elects to swim at a meet, usually \$2/event. Parent or guardian will make a check out to MMD and then one check for all applicants and their events will be submitted by the Treasurer to the hosting team.

For swimmers who excel, USA swimming offers opportunities beyond the Maine borders. Those who finish in the top 1-2 positions of events at Winter Championships are eligible to swim in the **Eastern Regional Zones** as long as they have participated in at least two USA meets during the season (additional fee required). Zones is a regional USA competition held in late March.

Dolphin Fundraising

The MMD team rents the pool from the Alford Youth Center. That rental fee is paid for with team registration money. Typically, it is a break even deal; therefore, none of that registration money goes toward all the other expenses of running the team, such as: State meet fees for every swimmer, coaches' travel expenses, coach salaries, clinics for official's certification, meet ribbons, office supplies, banquet awards, foods and decorations, Psyche Party food for the swimmers, equipment, swimmer's t-shirts, etc... All these "extras" run about \$15,000 a season.

Until someone finds a benevolent corporate sponsor that would like to foot that bill (*which would be a tax deductible donation for them!*) in exchange for putting a banner up for them at the Y, printing our thanks to them in the home meet programs and putting their names on the team t-shirts, that money needs to be fundraised.

This season we have five potential resources with which to raise that money.

- 1. Bottle Drive In:** drop your empties at one of two designated recycle centers that have MMD accounts, let them know the money should go into the MMD fund.

- 2. Ad Space Sales:** our sales/sponsorship coordinators seek out businesses that are willing to support the team; in appreciation we advertise their support in our home meet programs.

- 3. Concessions:** *every family* is expected to donate items to the home meet concession stand. This is a major fundraising source, bringing in anywhere from \$800-\$1,000 a meet. During any given season we can host 3-6 home meets. The more home meets, the more opportunity to fundraise. A list of swim families will be posted on the bulletin board, along with a list of foods requested, please sign up next to your swim family name what you will be bringing to the concession stand for the next meet.

- 4. Applebee's Breakfast:** Applebee's has worked with the team in the past to help us raise funds for the team. We do that by having our senior swimmers, ages 13 and up, serve breakfast one morning at Applebee's. All swim team members are encouraged to sell five \$5 breakfast tickets to the event. As per Applebee's rules, only senior swimmers may work the fundraiser by taking orders and serving breakfast. Swim parents of senior swimmers are encouraged to help in the kitchen, setting up trays, pouring drinks, etc.

- 5. Aquathon:** All swimmers are expected to participate in the Aquathon, unless you have paid \$100 fundraising fee at registration time. All swimmers are given pledge sheets and expected to raise a minimum of \$50. Aquathon details will be issued toward the beginning of the season. Prizes will be awarded to top aquathon fundraisers.

Fee Structure

YMCA Membership: All swim team members must be members of the Alford Youth Center/Boys & Girls Club/YMCA. The youth membership will also entitle you to participate in other club activities and open swims. The YMCA membership fee of \$15.00 is included in your Dolphin registration fee.

Limited scholarships are available. Speak with Aquatics Director David Turnage regarding scholarships.

Swim Group	One Payment	6 Monthly Bank Drafts
Little Dolphins	\$ 85.00	N/A
Bronze 1	\$175.00	\$ 33.00
Bronze 2	\$268.00*	\$ 48.00
Silver 3	\$300.00*	\$ 54.00
Silver 5	\$337.00*	\$ 59.00
Gold	\$405.00*	\$ 72.00
Lane 4 Gold	\$405.00*	\$ 72.00
Gold Plus	\$500.00*	\$ 86.00
H.S. Pre-Season	\$110.00	N/A

***(in addition to this fee a \$50 booster fee, made payable to MMD, and participation in the Aquathon is mandatory)**

Fundraising Contribution (see Joining the Team on page 4 and Dolphin Fundraising section on page 9)

Practice Schedule

Swim Group	Practice Time	Cost
Little Dolphins	Saturdays 9:00-10:00am (11 weeks)	\$ 85.00
Bronze 1	Saturdays 9:00-10:00am (Oct.- Mar.)	\$175.00
Bronze 2	Sat. 9-10am & (Tues or Thurs) 4-5pm (Oct.- Mar.)	\$268.00
Silver 3	Mon/Wed/Fri 4:00-5:00pm (Oct.- Mar.)	\$300.00
Silver 5	Mon - Fri 4:00-5:00pm (Oct.- Mar.)	\$337.00
Gold	Mon - Fri 5:00-7:00pm (Oct.- Mar.)	\$405.00
Lane 4 Gold	M/W/F: 4:15-7:00; T/Th: 5:00-7:00 (Oct.- Mar.)	\$405.00
Gold Plus	M/W/F: 4:15-7:00; T/Th: 5:00-7:00 (Oct.- Mar.)	\$500.00
H.S. Pre-Season	Mon - Fri 6:00-7:00pm (8 weeks)	\$110.00

More Information

MMD Website: www.midmainedolphins.com has notices on cancellations, schedule changes, MMD board records, Parent Board Meetings, practice times, as well as qualifying times for USA Champs, Y New Englands and Nationals. Swimmers can track records they are looking to break, see their name next to a record they've broken and look for those events they want to set as a goal. Directions to other Y venues are on the website. The swim meet schedule for YMCA and USA meets is posted. A copy of this handbook is on the website as are team photos from years gone by.

Dolphin Bulletin Board: is used to post schedules, meet sign-ups, meet results, concession and volunteer sign-ups and other time-sensitive information. The bulletin board is located on the wall of the large pool deck. It is **important** for parents and swimmers to look over the board every few days for updated listings and information.

Emails: the email list of all swim families is held by the President of the Parent Board. Check your email for notices on pool closings or cancellations. Emails are also used as a reminder vehicle for parent meetings, concession donations and newsletters. Every effort is made to keep emails confidential; however, sometimes, as human nature has it, it is accidentally sent 'visible' rather than 'shielded'. We apologize in advance if this happens but please be aware of this possibility when providing your email address.

Parent Board Meetings: are open to all parents of MMD swimmers. An agenda will be set for each meeting, though new business may be entertained if time allows. If not, it will be tabled for the next meeting. Motions on agenda items will be made, seconded then discussed. Votes will then be taken by those present. A quorum for voting purposes requires a minimum of five swim parents. If an item of monument is raised, and was not previously noted on the agenda so all parents had previous knowledge of its upcoming discussion and vote, then it shall be tabled for the following meeting, giving more parents the opportunity to attend and vote.

Team Photos: A date will be set for a photographer to come and photograph the entire team. On the scheduled date and time the team will assemble in the Alford gym for a group photo. Individual photos will follow. You are not required to purchase individual or team photos but it is requested that all team members show up for the team photo. Orders will be taken on the day of the photo shoot.

Psyche Party: the MMD Parent Board Association throws a Pizza Party for the swim team it is a team and spirit building occasion with pizza, drinks, snacks and music. There is also usually t-shirt signing at this time.

Banquet: The banquet is typically held in late March. A site is selected for the swimmers, parents and coaches to celebrate. Awards, trophies, record breaking ribbons, senior gifts and other recognitions are made at this time.

MMD Parent Group Job Descriptions

Officer & volunteer position terms are one year terms (mid-March - mid-March)

A parent board meeting is held each March to elect/re-elect parents to office.

All parents of MMD swimmers, in good standing, are eligible to vote and hold a position.

Officer Positions

President: *Teresa Mahus (Tess)*

- responsible for coordination of Parent Group committee efforts & organization
- lead spokesperson for Parent Group; runs Parent Group board meetings
- responsible for communications to swim families via email, newsletter &/or phone
- enact those items voted on by parent board quorum
- write checks when the Treasurer is unavailable or unable.

Vice President: *Carrie Prelgovisk*

- assist President in responsibilities, where asked
- run Parent Group meetings in the President's absence
- attend first swim sessions, being accessible to parents

Head Treasurer: *Ann Lindeman*

- responsible for managing the MMD team accounts
- take in monies (registration fees, booster fees, clothing, suit, cap monies, meet monies, etc...)
- log on spreadsheet program and deposit funds in bank every two weeks
- send monthly updates to the president; or upon request
- responsible for writing checks for MMD expenses
- present budget reports to the Board quarterly

Assistant Treasurer: *Becky Clark*

- attend Parent Board meetings when Treasurer is unable
- present finance updates to Board, in Treasurer's stead, when necessary
- assist Treasurer where requested
- attend registrations to help collect registration fees
- receive duplicate bank statements and reconcile them as a checks and balance system

Team Secretary: *Lee Anne Larsen*

- be present at all Parent board meetings & take the minutes
- type and maintain meeting minutes
- issue minutes to team officers

Finance Committee:

Ann Lindeman, Teresa Mahus, Carrie Prelgovisk, Becky Clark

- design finance prospectus for season to present to board
- create motions to present to the board for financial expenditures

Volunteer Positions

Registration Coordinator: Carrie Prelgovisk

- maintain registration table & materials during MMD registration weeks
- explain registration process & sign-up to new & returning members
- update & collate registration material
- select suit/cap vendor & coordinate with them for sizing kit and orders
- size & order team swim suits & caps; collect payments; distribute suits and caps

Meet & Volunteer Coordinator: Mary Denise Ferguson

- coordinate volunteers for concessions; using volunteer sheets & sign-up sheet
- coordinate volunteers for timing; using volunteer sheets & sign-up sheet
- coordinate volunteers for set-up & clean-up; using volunteer sheets & sign-up sheet
- coordinate with head official to make sure there are adequate number of officials
- coordinate with meet announcer as to his/her responsibilities
- arrange for meet programs to be printed & stapled

Head Official: Chuck Terrio

- assign officials posts and responsibilities for home meets
- brief officials in rules & regulations before meet
- coordinate with Computer/Scoring staff
- coordinate with Head Timer & his/her needs

Head Timer: Kara Gorczyca

- coordinate with Head Official & his/her needs
- assign home meet timers posts and responsibilities
- brief timers in rules before meet
- test stop watches
- act as back-up timer & relief for timers

Computer/Scoring Co-Coordinators:

Tanya Terrio, Denise Joy & Jen Thibert

- arrange newspaper posting of meet results
- maintain registrations & set meet lineup for home & away meets in Team Manager
- provide roster and events to host teams for away meets
- procure roster and events from away teams for home meets, set meet program
- set-up meets in Meet Manager, print programs and lane time sheets
- run Colorado/Hy-tek timing system during home meets
- run results of all meets; print result labels for ribbons, score meet
- run end-of-season Best Times packettes for swimmers

Team Photography Coordinator: Joan Adams

- coordinate with photographer as to date, time, & location of team & individual portraits

USA Team Representative: Tanya Terrio

- obtain and distribute registration materials for USA swimming
- receive and post information about USA swimming
- gather meet entries and fees and submit to the appropriate person

Team T-shirt Coordinator: Carrie Prelgovisk**Assistant Team T-shirt Coordinator:** Ronald Schultz

- arrange for swimmers to vote on slogans/designs for shirt at registration
- size & take orders for team shirts and family shirts
- collect monies for shirt purchases & deliver to Treasurer
- order & distribute shirts

Record Board Co-Coordinators: Carrie Prelgovisk & Tanya Terrio

- track & update record board times and hang record breaker ribbons
- track ribbon inventory & order record breaker & meet ribbons as needed

Communications & Publicity Coordinator: _____

- submit articles to local papers on swim events (ME Games, Bowdoin Open, All-Stars, USA Champs, N.E.'s, Zones, Nationals, record breakers)
- create team phone directory

Meet Sales Co-Coordinators:Theresa Secord, Carrie Prelgovisk & Denise Joy

- organize, purchase & sell products at meets (shirts, swim gear, 50/50, programs)

Liaison To the Coaches: Carrie Prelgovisk

- communicate coaches' concerns/needs at Parent Meetings if coach is unable to attend

Website Coordinator: Carrie Prelgovisk

- maintains team site to reflect results, schedules, closures, camps, news bulletins, etc.

(Fundraising) Concessions Coordinator: Michelle Carr**Assistant Concessions Coordinator:** Lisa Ericson

- coordinate concession staff in prep & selling of food
- sets up & break down kitchen for home meet concessions
- follow protocol for collecting funds raised & giving to Treasurer

(Fundraising) Bottle Redemption Coordinator: Becky Clark

- update President on accounts, collect monies quarterly, label and deposit in MMD safe

(Fundraising) Sponsorship Coordinator: Scott Greeley

- sell ad space to local businesses for the season in our home meet programs
- seek sponsorship of team, offering ad space home meet programs & banner at meets
- collect funds raised & give to the Treasurer

(Fundraising) Applebee's Coordinator: Cris Todd

- print up tickets for swimmers to sell
- coordinate with Applebee's on date and operation of fundraiser
- organize and oversee swimmers and parents the day of the fundraiser breakfast

(Fundraising) Aquathon Co-Coordinator: Alyssa Corson & Lisa Clareq

- organize Aquathon date, pledge sheets, prize purchases, & oversee running of event
- coordinate swimmer & counters time to swim
- collect funds raised & give to the Treasurer

Psyche Party Co-Coordinator:Angela Weston, Scott Greeley, Ann Lindeman

- reserve gymnasium for 3 hours
- arrange ordering, purchasing & serving of pizza
- coordinate with volunteer coordinator to get setup and clean up crews
- take photographs at Psyche Party & submit to Yearbook Coordinator
- bring music (YMCA & other appropriate music) to party
- help set -up & clean-up event

Banquet Co-Coordinator: Denise Joy & Kathy Mathieu**Banquet Assistants:** Jennifer Hopkins, Susan Golden, Juli Jones

- coordinate with President on posting bulletins and newsletter info to swim families
- make food & decoration planning & event planning in meeting with the President and Vice President, based upon the board approved budget.
- implement approved activities, purchases & planning for the banquet
- organize buying of coaches & seniors gifts
- solicit volunteer crew to set-up & tear down banquet room

Yearbook Coordinator: Mitchell Cooper

- gather photos from year & create DVD team yearbook
- take orders for the DVD yearbook, reproduce copies to sell after banquet

Skowhegan Liaison: Cris Todd

-coordinate satellite communications by posting notices, gathering emails, dispersing handbooks, phone directories and photo packettes

-receive and communicate meet entries to computer coordinator

Team Group Photographers:

Little Dolphins & Bronze 1: _____

Bronze 2: _____

Silver: Michelle Carr

Gold: Ronald Schultz & Becky Clark

Gold Plus: Ronald Schultz & Becky Clark

-need volunteer from each group to photograph swimmers at multiple meets & practices

-need to forward usable photos to Yearbook Coordinator

Team Officials:

Chuck Terrio, Sr. head official	(YMCA level II & USA level II certified)
Andrea Fischang	(YMCA level II certified)
Doug Fischang	(YMCA level II certified)
Teresa Mahns (Tess)	(YMCA level II & USA level I certified)
Dan Mahns	(YMCA level I certified)
Lee Anne Larsen	(YMCA level II certified)
Paul Roy	(YMCA level II certified)
Maya Rivas	(YMCA level I & USA level I certified)
Jennifer Hopkins	(YMCA level I certified)
Betty-Ann Davis	(YMCA level I certified)

Expectations of Swimmers

- Swimmers must abide by team rules and conduct themselves as representatives of the team, behaving in such a way as to bring credit to the team and Alford Youth Center. Observe pool rules. No roughhousing or disrespectful behavior will be allowed in the pool area or locker rooms.
- Please be on time to practices & meets and don't forget to bring a water bottle to both.
- Swimmers are encouraged to attend all practices for their age group. Practice enhances your success as a swimmer. If you have a scheduling conflict, speak with a coach.
- At away meets we are guests of the host team, be on your best behavior. Leave the deck, benches and locker rooms clean.
- Swimmers should bring healthy snacks to meets. NO GLASS is permitted on deck. Some pools allow you to eat on deck, others will not. Bring nutritious items, not junk food. We recommend fruit, bagels, crackers... No sugary snacks, soda or candy, please.
- Because of chlorine in the water, swimsuits and goggles are subject to deterioration. To prolong the life of suits and goggles rinse both in cold tap water after use, then soak in cold water for at least 1/2 an hour, then hand ring and hang dry.
- No matter how good the training program is, a swimmer cannot perform well without proper diet and rest. When a swimmer is training, their nutritional needs increase dramatically. Every day a swimmer must consume enough carbohydrates, fats and proteins to provide their body with energy for muscle contraction and the materials for tissue growth and repair. Energy is what drives a swimmer.
- Coaches, officials, Alford staff and parent volunteers are to be treated with respect. These individuals are also here to help if any swimmer has a question or a problem. If you have any issues to resolve, please see a coach ASAP. Remember, treat others the way you wish to be treated. You are always a representative of the Mid-Maine Dolphin Swim Team, the Alford Youth Center and your family. Your good sportsmanship will make you a winner both in and out of the pool.

Expectations of Parents

-Parents are essential to our swim team. We need parent support for the team to be successful. Volunteerism is expected. Sign up for a volunteer job when the home meet jobs are posted on the bulletin board the week before a meet.

-Please bring in food for the home meet concession stand. The concession stand is one of our big fundraisers. We need to fundraise \$15,000 each season, above what is brought in in registration fees. We need every family to donate to concessions.

-Consider helping out with seasonal fundraisers. We have several during the season, look to see where you can offer the most and volunteer to help at one, two or more fundraisers. (See fundraiser section on page 9 for more information).

-If you have questions or concerns about your swimmer talk to the coach after swim practice, during office hours or via email. Please don't try to get your questions answered on deck when the coach is coaching.

-Please make sure your swimmer arrives on the pool deck on time, with a water bottle, well-rested and fed and pick up your swimmer promptly after practice.

-If your swimmer is unable to attend a meet, notify a coach as soon as possible. A relay and other swimmer's swims may be dependent upon your child and scheduling changes may be required. Contact numbers are on page 1 and in your team phone book.

-It is the coaches' job to offer constructive criticism of a swimmer's performance. It is the parent's job to provide support, encouragement and recognition. **Parents support, Coaches coach.**

-Parents and siblings are welcome to observe practice from the stands, yet it is up to the coaching staff to run practices and handle problems that may arise on deck. Parents are asked to keep a careful eye on younger siblings in the bleachers. *Children should not run in the bleachers*, it is a safety hazard and a distraction to coaches and swimmers.

-Keep in mind that parents' attitudes and behavior toward competition have an important effect on the child. In swimming, as in life, character is built and lessons are learned by both winning *and* losing. Every youngster can gain from experience in competitive swimming through the pursuit of excellence. Our goal is not only to produce great swimmers, but to produce great people who swim.

-please make sure your swimmer has all their equipment for practices & meets: two towels, two prs. of goggles, a swimsuit and a back up swimsuit, water bottle, swim bag, two swim caps; and for meets make sure they pack healthy snacks and no glass containers. Remember to label everything with permanent ink.

Equipment

Practice Suits: swimmers must have practice suits. It is recommended a swimmer have at least two practice suits, so when one is line drying the other can be used.

Meet Suit: purchasing the team swim suit is not required; however, it is recommended that a suit be kept just for meets. The team suit is solid royal blue, it would be preferable, if you are not buying the team suit, that the suit you buy is blue. Practice suits tend to wear out quickly due to chlorine. They stretch and create drag in the water, slowing a swimmer. A crisp, fresh suit saved just for meets is a good idea.

Caps: Swim caps are required for male and female swimmers if their hair is long enough to reach mid-ear. Hair in the pool is not just unsightly, it is a hygiene hazard. Swimmers are also not to put their cap on or remove it while in the water.

***Caps are to be put on before entering the pool
and removed after exiting the pool.***

Goggles: are required. It may take some testing of different goggle styles to find ones that fit your swimmer's eye shape and comfort level.

Deck Shoes: street shoes should never be worn on deck. Swimmers should bring cros or flip-flops to wear on deck.

Towel: swimmers should bring a towel to practice and 1-2 towels to a meet.

In addition to the above fundamentals, the Dolphin Swim Team typically has purchase offerings of team warm-up suits (Speedo, names embroidered, pants and/or jacket); team sweatshirts (gray hoodies with kangaroo pockets, names embroidered) and parkas (Speedo, names embroidered). These are optional purchases and information as to their availability will be posted on the bulletin board.

Nutrition Information

* (words defined in glossary at end of nutrition section)

There is a direct correlation between nutrition, rest and performance. The highlights are: eat well, forgo the junk food; stay hydrated; and get plenty of good quality sleep. Details and nuances to these points, specifically for swimmers, follow.

(None of this information is a replacement for doctor's advice, these are general guidelines. All swimmers should consult a qualified health care provider before following nutritional suggestions.

Although we did our best to provide sound and useful information in this outline, we cannot and do not promise results, nor can we, or do we, accept liability to anyone who may use these guidelines. Data and information herein has been compiled from printed sources citing Dr. Barry Sears, Coach Bob Bowman, Coach Skip Kenney, Coach Rick Curl, Coach Richard Quick, Coach Tim Lecrone, nutritionist Dr. Glen Luepnitz and the American College of Sports Medicine)

What to Eat

"The major battle we face with teenagers is fast food," says University of Michigan coach Bob Bowman, "More and more kids are getting food on their own. We try to steer them to food higher in nutritional value and lower in fast or simple sugars. A balanced diet can give you 95 percent or more of what you need." Rick Curl, head coach of Curl-Burke Swim Club agrees, "Fast food is what drives poor diets."

MMD Coach Tim Lecrone says, "Swimmers should be eating healthy food choices throughout the day (every 2-3 hours) in smaller amounts to maintain a consistent blood sugar" (staving off excess insulin*).

So, what foods should you eat?

Carbohydrates:

-Stanford coach Richard Quick encourages swimmers to think of not just breads and pastas when thinking carbs but to reach for colorful fruits and vegetables. That which brings color to fruits and vegetables also brings nutrients, vitamins and minerals to you. Include apples, blueberries, bananas, oranges, kiwi, raspberries, grapes, papaya, as well as broccoli, spinach, squash, carrots, green beans and tomatoes in your diet.

Remember, colorful foods do not include: Skittles, Starbursts and Twizzlers. Avoid candy, ice cream and other junk foods that cause insulin levels to fluctuate.

-Dr. Barry Sears, creator of The Zone Diet and consultant to several sports teams, recommends eating a varied diet that balances insulin levels. 'Gone', he says, 'are the days of huge carb-loading dinners the day before a race,' noting that Boston marathon racers no longer carb-load. "These winners know intuitively that excess insulin from too many carbohydrates is an athlete's worst nightmare. The three greatest fears of an athlete during competition are:

- Low blood sugar
- Decreased access to body fat for energy
- Decreased oxygen transfer to the muscle cells

And the way these things happens is by having too much carbohydrate in your system from lots of pasta and sports energy drinks composed of mostly sugar water.

-Dr. Sears recommends stabilizing insulin levels with a varied diet and adequate amounts of carbohydrate from the right sources. Excessive insulin will lower your blood sugar and prevent the release of glycogen needed by the swimmer. It will also prevent

the fat cells from releasing fat that has been stored for energy and it will decrease the blood flow, reducing oxygen transfer to muscle cells.

-The key is to eat an *adequate* amount of carbohydrate, not an excessive amount, and to eat high quality carbs. Numerous studies of athletes show that combining adequate carb consumption with higher levels of good fats will increase their performances.

These good carbs would include fruits and vegetables, brown rice, 100% whole wheat products, oatmeal (real, not the sugared-packets), legumes and beans.

-“Throughout the day’s meals and snacks, low glycemic (slow-burning) carbs should be consumed,” says Stanford’s swim team consulting nutritionist Dr. Glen Luepnitz. He recommends meals that include oatmeal, black beans, butter beans, Golden Delicious apples and peanuts. Pre and post-exercise, higher glycemic foods (fast-burning) can be consumed, like cooked carrots, Red Delicious apples and whole fruit or vegetable juices. Pre and post-meet meals should contain an adequate amount of carbs. Pasta, whole grain breads and cereals are easily digested and absorbed. Rule of thumb 0.5 - 2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise.

-When you are exercising your body gets energy from carbs and fat. It saves protein for building and repairing muscles, hormones, red blood cells and supporting your immune system. When you are swimming easy, light reps, low yardage, fat is your primary fuel source. When you have a rigorous workout or competitive meet or distance swimming carbs are your primary fuel source.

-Having large amounts of solid foods shortly before getting into the water causes a fluid shift away from the muscles and into the GI tract. So make sure your pre-swim foods are eaten at least a half an hour before practice.

Protein:

-High quality protein from meat, dairy, beans, milk, eggs and grains is an important source of nourishment for a swimmer. They provide a mixture of needed amino acids. Amounts consumed need to be adequate, not excessive. There is no evidence eating huge amounts of protein enhance performance or add more muscle. Stanford’s veteran coach Skip Kenney notes that, “Many college kids don't eat right. They don't get enough protein (especially at breakfast) and good fats. An athlete needs some protein at every meal. Cottage cheese with oatmeal would be great before a morning workout.”

Fat:

-Fat is not to be forgotten. Fat is necessary but doesn’t contribute immediately to a workout or recovery so incorporate it into meals that are not close to swim time. Dr. Sears points out that good fats can improve the lipid* profile of elite athletes, which will lower their risk of cardiovascular disease down the road.

-Dr. Sears also notes that good fats can be an athlete’s greatest ally by enhancing performance in endurance athletes. “This is because muscle tissue contains far more calories of stored fat than stored carbohydrate as an energy source. In fact, it contains nearly twice as much. By increasing the good fat content of your diet, you can increase the levels of intramuscular fat, thereby giving yourself an advantage over your competitors in a long-distance race.”

-Dr. Sears states that, “long-chain omega-3 fatty acids found in fish and fish oil will boost your production of “good” eicosanoids* which increase athletic performance in the same ways that they increase brain and cardiovascular performance: they increase blood flow and decrease inflammation. When you increase blood flow, more oxygen is delivered to your muscle cells so that greater endurance is maintained at a higher energy

output. "Good" eicosanoids also decrease inflammation, improving recovery rates after a workout; this allows you to train harder the next day."

-So consider asking your doctor if a pharmaceutical grade fish oil supplement is right for you. And add no or low-mercury fish to your diet.

-Monounsaturated fats from olive oil, nuts and avocados are also a healthy addition. They don't boost production of good eicosanoids but they don't encourage the production of bad eicosanoids the way hydrogenated and trans fats do.

When to Eat

-“Think at least three meals and two snacks a day, with a balance of carbohydrates, fats and protein,” Coach Lecrone advises.

-Always eat breakfast and include protein, healthy carbs and good fats in it.

-Eat carbohydrate and protein within the first 30 minutes after practice. This will help your body restore glycogen stores and repair muscle tissue. *This is the most important time to eat!*

-Eat again, a substantial meal, before two hours post-workout. *This is very important for maximizing recovery.*

-The American College of Sports Medicine's Statement on Nutrition and Performance states: "After exercise, the dietary goal is to provide adequate energy and carbohydrates to replace muscle glycogen and to ensure rapid recovery. If an athlete is glycogen-depleted after exercise, a carbohydrate intake of 1.5g/kg body weight during the first 30 minutes and again every two hours for 4-6 hours will be adequate to replace glycogen stores. Protein consumed after exercise will provide amino acids for the building and repair of muscle tissue. Therefore, athletes should consume a mixed meal providing carbohydrates, protein and fat soon after a strenuous competition or training session."

Meal Suggestions: (Meals that provide 100 grams of carbs):

- 1 bagel with peanut butter and 2/3 cup of raisins
- 1 cup of low-fat yogurt, 1 banana and 1 cup of orange juice
- 1 turkey sandwich with 1 cup of applesauce
- 2 cups of spaghetti with meat sauce and one piece of bread

Breakfast Notes:

- breakfast on the run: dry cereal, crackers, juice or dried or fresh fruit
- if you eat breakfast at a fast food restaurant choose foods like cereal, fruit juice and muffins or pancakes (no syrup or light on the syrup)

Breakfast Ideas:

- plain English muffin, strawberry jam, scrambled egg, orange juice, skim milk
- cold cereal with low-fat milk, orange juice, bran muffin
- fruit-flavored yogurt, large bran muffin, banana, orange juice, low-fat milk

Lunch & Dinner Notes:

- pastas, breads and salads
- avoid high fat toppings such as pepperoni and sausage
- vegetable soups accompanied by crackers, bread or muffins
- emphasize the bread in sandwiches, not condiments, mayo or chips

- avoid deep-fat fried foods such as fries, fried fish and fried chicken
- choose low fat or skim milk or fruit juice rather than soda.

Lunch & Dinner Ideas:

- turkey sandwich on two slices of whole-wheat bread, slice of low-fat cheese, lettuce, tomato, fresh veggies (carrots and celery strips), low-fat yogurt, fresh fruit
- Minestrone soup, spaghetti with marinara sauce, salad, fresh fruit, 2% or skim milk

Hydration

- It is as important to stay hydrated during the day as well as during and after workouts. Incorporate liquids into your day: water, fruit juice, skim or low-fat milk and soups.
- Stanford's coach Skip Kenney notes, "we always say, 'do you have your water bottle?' Water is one thing we really stress." Swimmers don't realize they run the risk of dehydration. Working in a hypothermic environment (water colder than air temp.) makes it easy for excess heat generated from exercise to be dissipated into the water without the swimmer realizing it. They sweat and don't know it.
- Always bring a water bottle to the pool. Sip water between reps. and sets. A poorly hydrated swimmer can develop lower blood volume that makes the heart work too hard to bring oxygen and nutrients to the cells.
- "Avoid carbonated drinks, in the pool and out," says Coach Lecrone. "They can reduce fluid intake and cause bloating."
- Avoid caffeinated beverages, in the pool and out. They are diuretics and promote fluid loss, the opposite of what you want. Don't count on caffeine to rev you up, or improve your times in the clinch, count on hard work, healthy eating and rest.
- Sports drinks: many are sugar water and additives. Read labels carefully. Skip those with caffeine! Sports drinks can provide hydration but some are too concentrated, so they actually inhibit fluid absorption and may even lead to cramping.
- USASwimming.com notes, "drinks that are 6-8% carbohydrate by weight provide the perfect balance. Enough carbohydrate to provide a fuel source during long exercise, but not so much that will inhibit fluid absorption. A couple of sips every 15 or so minutes keeps the body fueled, helps prevent unnecessary tissue breakdown and maintains hydration. Today only Gatorade and Powerade meet the 6-8% criteria. Most other drinks are too strong to be effective during workout."
- Post workout is time to drink at least a cup of water to replenish fuel stores.
- USASwimming.com warns swimmers to "beware of high protein drinks, they often forgo carbohydrate and carbohydrate is what you are trying to replenish within that first hour after workout. Also a little protein may help by supporting tissue repair and rebuilding processes. Too much protein, especially when it comes in place of carbohydrate, may be detrimental to the post workout recovery process.

III-Advised and Banned Supplements

- There is sometimes pressure for athletes to take creatine monohydrate supplements (a precursor to phosphocreatine*) to gain a competitive edge. Swimmers should be aware that creatine consumption is associated with weight gain and these supplements are not needed. Proper nutrition, hydration and rest coupled with training and a strong work ethic are all the edges you need. (You can consult your physician on the advisability of taking a good multi-vitamin/mineral supplement a day if you wish.)

-Athletes taking supplements that contain banned substances can damage their health.
 -Some banned substances are obvious others can be insidious as variations of sports drinks, nutrition bars and supplements become available with added herbs and other substances. These supplements are more susceptible to contamination with prohibited substances. And their ingredient lists tend to be more inaccurate more often.

In the news

The Times: September 20, 2001: nearly 40 of 200 over-the-counter food supplements tested in one of the world's leading drug laboratories contained nandrolone. None of these food supplements carried warnings that they might contain this substance banned in most international sports.

-CNN SI.com: Augusts 29, 2001: Paris: Sprinter Christophe Cheval denied knowingly taking a banned steroid for which he tested positive at Edmonton World Championships. Cheval, 30, told the French sports daily L'Equipe that he'd taken a food supplement that didn't indicate it contained the banned substance.

-USA Today: June 18, 2001: Norwegian weightlifter Stian Grimseth, tested positive for the steroid Nandrolone two weeks before the Sydney Olympics, was suspended for six months. He said the positive was caused by an improperly labeled food supplement, and tests showed the supplement contained substances not listed on the label.

-Turning to supplements for the "quick fix" or "edge" is not the answer. Manufacturers of dietary supplements are not evaluated by the FDA (Food and Drug Administration). The majority of products themselves are legal, but the ingredients listed do not guarantee the content of the product. There are cases where supplements contained prohibited substances that were not clearly identified on the label.

-The failure of the supplement's ingredients list to match the product's contents opens the door for positive drug tests. This is known as "inadvertent doping."

-The effects of many supplements have not been supported by science, and some CAN be harmful. Companies use marketing strategies to lure the consumer into believing the claims made about the product, as well as its quality and safety. But the risk is very real.

Artificial Sweeteners

In addition to banned substances, another group of "food items" you should avoid are artificial sweeteners (Splenda, sucralose, acesulfame K, aspartame, Nutrasweet, saccharin...). These chemically-created sweeteners injure your body's natural ability to monitor food intake and weight and affect your body temperature which should rise after eating, artificial sweeteners actually cause your body temperature to drop, says research by psychologists at Purdue University's Ingestive Behavior Research Center. Studies show artificial sweeteners also increase your cravings for sweets causing you to consume more calories. Your body was created to consume real whole foods, not chemically altered or created foods. A little natural sugar is better than an artificial sweetener. Artificial ingredients interfere with your body's natural process of regulating its appetite. These sweeteners not only stimulate your appetite they are also being studied for possibly causing, or exacerbating, depression, cancers and heart disease.

Nutrition Glossary

anaerobically: (of an organism or tissue) living in the absence of air or free oxygen; pertaining to or caused by the absence of oxygen.

eicosanoids: a group of substances that are derived from arachidonic acid that control everything from your immune system to your brain to your heart.

glycogen: a polysaccharide, constituting the principal carbohydrate storage material in animals, occurring chiefly in the liver and in muscle.

insulin: a hormone that regulates the metabolism of glucose and other nutrients.

lipids: organic compounds greasy to the touch, insoluble in water, and soluble in alcohol and ether: lipids comprise the fats and other esters with analogous properties and constitute, with proteins and carbohydrates, the chief structural components of living cells.

phosphocreatine: a compound found in muscle, formed by the enzymatic interaction of an organic phosphate and creatine, the breakdown of which provides energy for muscle contraction.

Swim Team Names & Locations

BASC	Bay Area Swim Club	338-4598	Belfast H.S., 98 Waldo Ave., Belfast
BBY	Boothbay Harbor YMCA	633-2855	Boothbay Harbor, 261 Townsend Ave.
BGRY	Bangor Barracudas YMCA	941-2815	Bangor, YWCA, 17 Second St.
Bowdoin	Bowdoin College		Brunswick, Farley Field House, off Rt. 123
CBRY	Casco Bay YMCA	865-9600	Freeport, 14 Old So. Freeport Rd.
CMA	Coastal Maine Aquatics	883-SWIM	Cape Eliz. H.S., 345 Ocean House Rd.
CCSC	Canoe City Swim Club	827-9622	Old Town H.S., Stillwater Ave.
DEFY	Downeast Family YMCA	667-3086	Ellsworth, 238 State St.
HSC	Hurricane Swim Club		Bangor, Husson College
KVY	Kennebec Valley YMCA	626-3488	31 Union St., Augusta
LRSC	Bath YMCA	443-4112	Bath, 303 Centre St.
MDI	Mt. Desert Island YMCA	288-3511	Bar Harbor, 21 Park St.
MMD	Mid-Maine Dolphins	873-0684	Waterville, 126 North St., Alford Ctr.
NYCY	North York County YMCA	283-0100	Biddeford, 3 Pomerleau St.
PENBAY	Penobscot Bay Area YMCA	236-3375	Rockport, 116 Union St.
PPSC	Portland Porpoise Swim Club	874-1130	Portland, 87 Spring St.
PRY	Piscataquis Reg. YMCA	564-7111	Dover-Foxcroft, 48 Park St.
PTSC	Pine Tree Swim Club	874-1111	Portland, 70 Forest Ave.
SSC	Seacoast Swim Club	829-2208	Cumberland Ctr, Greeley H.S., Rte. 9
SYT	Sanford YMCA Titans	324-4942	Sanford, 1 Emile Levasseur Dr.
TCST	Twin Cities Swim Team	795-4050	Lewiston YWCA, 130 East Ave.
Westbrook	Seals		Westbrook, Westcott Jr.H., 426 Bridge St.
All-Stars			Bates College (possibly subject to change of location)
New England's			Harvard or Brown Univ. (alternating years) www.neswim.com