

Dolphin News

Issue #6, August 10, 2009
MMD Dolphin Newsletter

Splash Bash

Mark your calendar, **Sept. 12th**, from **12:00-2pm** we'll be having Splash Bash Tryouts for the MMD swim team & Evaluations for swim lessons. All those interested in lessons or trying out for the team should attend. If you were new to the Dolphins this summer, please come and swim for the coaches & receive a team or lesson placement. Current Dolphins need not attend. Coaches will notify you of your group placement for the fall 2009 season.

If you have a friend who'd like to join bring them to the Bash. We'll have refreshments and giveaways (Frisbees, stickers, tattoos, swim bag ID badges, and more). We'll have Dolphin tryouts Sept. 28-Oct. 2 from 4-5pm for those unable to attend the splash bash.

Officials' Clinic

We are in the process of settling on dates for YMCA level I and level II clinics to be offered late Sept at our Y. Firm dates will be in September's newsletter. Those who take the YMCA level I clinic may then go online and take both the YMCA level I test and the USA level I test to be certified both Y & USA level I. Currently, the same option is not available for crossover between level II Y and level II USA.

Notice on New Swimsuit Rules

Coaches,
A number of people have told me we need a primer on why we consider the swimsuit issue (at all levels of American & World Swimming) to be important, and it needs to address swim parents who may well not have a background in our sport. The attached link is direct to such an article. I encourage each of you to reproduce this in any way you wish IN WHOLE, (please don't cut and clip and choose pieces of it) and distribute it. I hope you find it helpful. Be confident that our ASCA staff and Board leadership have worked diligently for 18 months to get the world of swimming to the solution that has now been found and voted for by 168 nations, as part of our advocacy for our beloved sport.

<http://www.swimmingcoach.org/E-news/eneas.asp>

All the Best,
John Leonard
American Swimming Coaches Assoc.

Parent Board Meeting

The next parent board meeting will be held Wednesday **September 23rd** at **5:30pm** in the upstairs conference room. Meeting agenda will be posted in September's newsletter.

Three Rules of Improvement

- 1) Show up
 - 2) Honor your teammates with your effort
 - 3) Do things correctly
- Univ. of Arizona coach Frank Busch

America's Girl

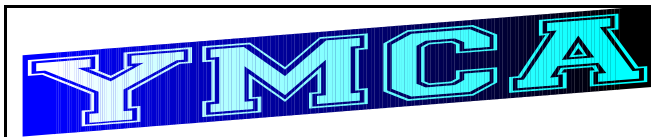
A new book by Tim Dahlberg about the incredible story of swimmer Gertrude Ederle & how she changed a nation. In 1929, Ederle was the first woman to swim the English Channel and, in doing so, broke the world record set by a man by over an hour.

It is a powerful story that details her creation of a new suit and goggle design and her trials with frigid waters, sharks, jellyfish, ships, and weather as she traversed the 31.5 miles.

The social history perspective of the book is most interesting as you realize women had only won the right to vote a few years earlier when Ederle took on a feat only five men in history had ever attempted, and surpassed them. She went on to win the Hearst trophy for athletes over Babe Ruth that year and had a bigger NY homecoming parade than the 1919 homecoming of the 27th army div. returning from WWI.

Oops!

I try to cross my T's & dot my i's, but even with the best of intentions there is sometimes an oops moment. In last month's newsletter, when listing the 2009-2010 roster of volunteers, I missed our secretary, Lee Anne Larsen. My apologies to Lee Anne who is my go-to person for board room protocol! And thanks for all your hard work.



Summer Fun Meet

MMD hosted their annual Fun Meet July 18th. Happy to have a meet, after a long meet-fast, everyone brought their A game and had a blast. KVY, TCST & Casco Bay joined us for a great morning.

Our 11 & older swimmers made us proud, smashing many PB (personal best) times and putting in great effort.

A special nod to **Alan Baez**, 11, who cut over 7 sec.s from his 50 back to grab 2nd place in the event ahead of many older swimmers. Alan also cut almost 9 sec.s off his 100 free snatching 13th place in the event. (Doesn't sound high in the ranks? *Get this*, all but two of the swimmers who placed above him ranged in age from 12-22, most of them 14 yrs old!) Great job, Alan.

What can I say about our 10 & unders? Impressive is the word that comes to mind. **Andrew Todd**, 10, was our *fastest 10 & under Dolphin in the water in both the 25 free & 25 back*. Powering through his first MMD meet, Andrew set the bar high, with strong times of 22.35 & 25.66, respectively.

Ethan Nurick, 8, held his own in the 200 free relay with teammates that were two & three yrs. older than himself, helping to bring in a strong finish of 3:12.42.

Martin, 8, and **Vann**, 10, **Guarnieri** joined the MMD ranks this summer and had wonderful showings, establishing new times, both in the 50 free, then individually for Martin in the 50 breast and Vann in the 50 back. Welcome to the team, guys.

Alexandria Lecrone, 8, did it! Hard work and perseverance paid off as, with grace, Alex stroked down the pool executing a great 25 breast.

Kaitlin Corson, 6, wow, took 21 seconds off her 25 free and 8.8 sec. off her 25 back. Her dedicated efforts in practice are proving well worth it!

The trip from Skowhegan was worth it for **David Govoni**, 8, one of our newest MMDers, as he snagged 1st place in the 10 & under 25 breast with a new time of 25.25.

Emily Larsen, 8, set a new PB time in her 25 breast with a cut of almost five seconds and participated in one of the fun t-shirt relays at the end of the meet.

Emily's lead-off leg of the race set the pace as she drove down the pool where **Kaitlin Corson** waited with teammate **Sergey Terrio**, 16. Kaitlin donned the t-shirt that Emily swam down in then cleanly made her way back up the pool, where teammate **David Govoni** waited. Quickly changed, David made his way back down the pool to Sergey, their anchor swimmer. David and Sergey swiftly moved the shirt from one to the other, then Sergey flew to the blocks to bring the relay home. Great fun for all.

Thanks to everyone who attended & to the parents who worked hard to make the day special for our swimmers.

Summer Champs

Maine pools are **25 yards**. Olympic pools are **50 meters**. USA members have a unique opportunity each summer to attend Summer Champs in Canada, in a 50 meter pool.

This year, *for the first year*, MMD sent swimmers to Summer Champs. It was an awesome, lifetime experience. Times in a 50m pool are LCM (long course meter) times; the 8 Dolphins who attended began a new tradition for our team, the establishment of LCM records. (In the fall you'll find these new records on our website. Hopefully in the future we'll be able to afford a LCM record board for our pool room as well).

Coach **Tim Lecrone** is one of our USA Dolphins, he and six of our swimmers made the trek to Canada. Tim, **Nico Schultz**, **Arthur Conover** & **Sergey Terrio** participated in 3 LCM relays together, the 200 free, 200 medley & 400 free. Making a great premiere at Champs they pulled in 86 points for the Dolphins in relays alone.

Alexa Williams scored an amazing 140 individual points in her 6 events. She went on to finish 2nd, 3rd, 3rd, 4th, 4th, & 6th place in her finals against the best Maine has to offer & finished in top 8 trophy standings with 7th place overall for 15 & older girls. Congratulations!

Emily Clark earned a huge 102 individual points in her 6 events (which require 12 swims: 6 prelims & 6 finals)!, consistently dropping 2-3 seconds from prelims to finals. She placed a strong top eight in 5 of her 6 events. Way to go! Quick to adapt to the LCM pool was **Arthur Conover**, who participated in all 3 men's relays then went on to score 86 points in 5 individual events, making an impressive 9 second drop from prelim to final time in his 200 LCM back. Good job Arthur.

Adrian Rivas more than held his own at Champs, earning a huge 50 individual points in only 4 events, wow! On top of that, Adrian powered through & moved up three seed positions from prelims to finals in his 100 free and cut three seconds in his 200 breast. Great work, Adrian.

Sergey Terrio made his mark at Summer Champs participating in 3 relays & bringing in 105 individual points while also cutting every prelim time in his finals. He also dropped a whopping 12 seconds in his 200 fly from prelim to finals, capturing 3rd place in a very competitive race.

While participating in 3 relays and 6 indiv. events, **Nico Schultz** was able to drop times in every single indiv. event from prelims to finals, with an impressive 7 second drop in his 200 free and advancement in four indiv. seed positions. That's dedication and perseverance at its best.

Our anchor for all three relays was Coach **Tim Lecrone** (our oldest dolphin, but perhaps youngest at heart?!) A powerful force in the water, Tim tore through the waters in the relays and in 3 indiv. events that saw cuts in every swim and a top 10 finish to all six events. Way to go Coach, you make us proud.