

Dolphin News

Issue #11, Dec. 7, 2009

RESPECT

Swimmers, the respect you'd like accorded you, your belongings & home should also be paid *by you* to other swimmers, their things & the YMCA. Someone, at our home meet, took another swimmer's Rubik cube and pulled off all the colored stickers. *Why?!* This belonged to someone, it mattered to them.

Others left with fellow swimmers goggles and swimsuits. I'm sure this was just an accident as many look the same, but please check your items carefully. If you have more than what belongs to you, return the items to a coach. Our team bleachers were left littered with bottles, wrappers and spilled food after both home meets. This is just unacceptable.

Swimmers need to clean the area around them before leaving the meet or they could lose the privilege of eating on deck. They need to leave the area tidy, nothing less is acceptable.

Our volunteers & coaches work hard to provide a great opportunity. Please preserve it by being responsible & respectful.

Dec. 12th Away Meet

Sign-ups for the Belfast meet will be taken down Wed. so sign-up for 3 events. Coaches will try to honor selections but for relays the 3rd event choice is sometimes bumped. Coaches also want swimmers to swim a variety of events, if they sign up for the same thing over and over, events will be adjusted to allow them to experience new swims. If you cannot make the meet, write "no" next to your name. This will be a split meet format with younger swimmers in the 1st session & older ones in the 2nd session. Times for warm-up & start are tentative. They may be adjusted when the home Y receives entries & can see how many swimmers will be attending.

Session 1: warm-up: 9:30am, start 10:30am
Session 2: warm-up: 1pm, start 2pm

Aquathon

The monies are being tallied & results will be posted later this week. You all did a wonderful job collecting pledges, swimming & supporting the team! Funds you raised will go toward paying for the psyche party, banquet, ribbons, equipment & coaches' salaries.

Record Breakers

Congratulations to four of our swimmers who have broken team board records so far this season. **Kristen Prelgovisk** swam an awesome 1:08.20 in the 100 fly to break the 12 & under girls record that has stood for four years. **Lindsey Prelgovisk** sped through the waters to capture the 50 free senior girls' record that stood unbroken for three years. **Arthur Conover** broke two 13-14 boys' records this last home meet with a very fast 5:12.66 in the 500 free and swift 1:02.43 in the 100 back. **Sergey Terrio** took down his old 200 IM record to set a new time of 2:07.30. Great job swimmers!

Board Meeting

Dec. 9th, 5:15pm in the upstairs board room. Agenda: donation allocation, finance report, expenditure motions & coaches news.

Lost & Found

If you went to MDI, please check your swim bag for an adult small t-shirt that is not yours. Someone accidentally took another swimmer's shirt home. *Please check your bags!*



Nov. 21st Home Meet Results

2-2-2 must be **Emily Larsen's** magic number. Whether in a 25 breast, 50 free or 100 IM she locked down second place consistently with strong swims and multiple time cuts. Great work, Emily.

Olivia Roy took lead leg in the 100 free relay, helping her team to grab a 1st place finish. Olivia went on to take two huge bites out of her 50 free & 25 back times to set 2 new PBs of 50.26 & 23.47.

Morgan Veilleux pulled a strong 3rd leg in the Roy-Townsend-Veilleux-Kochaver 100 free relay, helping secure the blue ribbon finish. Morgan then braved a FTE (first time ever) swim in the 50 free setting a great 51.09 time & decimated her old 25 back time of 58.84 with a new PB of 27.12.

Two-three-four Carter is knocking at the door, **Carter Jones** that is, with a 2nd place 100 free relay finish, a great 3rd place FTE 25 breast swim of 31.33 & a 4th place 25 free that saw a 3.44 sec. cut. Way to run the lane, Carter.

Deklan Thurston set down a great time in his leg of the 2nd place 100 free relay then est. individual accomplishments with 2 new PBs in the 25 free & 25 back with times of 24.72 & 30.50, respectively.

Martin Guarnieri took top three for all of his events, cutting time in his 50 free for a new PB of 46.86 and est. FTE swims in the 25 fly and 25 breast. A triple threat in the water, Martin swam the free, fly and breast with gusto.

Chop, chop, chop **Adam Livshits** hacked away at his old times in the 50 free, 25 free & 25 back setting 3 new PBs of 57.20, 24.58 & 36.75 respectively. Good work, Adam. Breaking the 20 sec. barrier on the 25 free is a great accomplishment and one **Jake Witham** seemed to do with ease at our last home meet. Jake tore down his old time of 20.00 & established a new PB of 17.27! He went on to take 1st & 2nd in his 25 breast & 25 fly with times of 27.31 & 27.36. Three powerful swims.

Sophia Libby took the lead leg of a second place 200 medley relay with a fast 50 back then came back to nab a new PB & 3rd place finish in her 50 fly and another 2nd place finish with a 20.15 sec. drop in her 100 free.

Katherine Guarino braved the 100 IM to set a great FTE swim of 1:45.25. She then cut 8.24 sec. off her 50 free for a new PB of 41.66 and cut her 50 back for a PB of 47.90. Super job, Katie.

Ben Thibert, at the head of the pack, took 1st, 2nd & 3rd in the 100 IM, 50 fly & 100 free establishing two great new PB times in the 100 IM & 100 free.

Anchoring a strong 200 free relay,

Emmett deMaynadier swam his team to a first place finish. He went on to capture 2nd place and a new PB of 28.99 in the 50 free and 2nd place in the 100 free. Good work, Emmett.

Hitting his stride, **Matheson**

Dempski broke all three of his past times for new PBs in the 50 free, 50 back and 50 breast while grabbing top 6 finishes in all three events.

A whopping 14.71 seconds is what **Sarah Wolman** cut from her 100 free this meet for an impressive time of 1:15.24 & a new PB time. Sarah also powered through her 3rd leg of the 200 free relay to help her team to a 3rd place finish. **Marissa Charette** anchored her 200 medley relay team to a first place finish with a time of 2:02.78. She went on to swim a powerful 200 free while still saving enough to break the 30 sec. barrier in her 50 free with a time of 29.82.

Lindsey Workman led out her 200 free relay setting the pace for their 2nd place victory. She then captured a new PB in the 100 free with a time of 1:11.39.

Cody LaChance nabbed 3 top 8 finishes and two new PB times in the 200 IM and 100 free with dynamic swims of 2:20.11 & 57.57.

Billy Price slashed all three of his old times in the 50 free, 100 fly & 100 free to set 3 PBs and 3 top 8 swims and that's how its done!

Dec. 19th Meet

This Wed., Dec. 9th, we'll take down the signups for the Dec. 12th meet. The following day sign-ups for the Dec. 19th meet will go up. Please note if you will be attending & sign up for events. This will be an at-home split meet with the younger swimmers in the first session & the older swimmers in the second session.

Session 1: warm-up: 9:30am, start 10:30

Session 2: warm-up: 1:00pm, start 2:00pm

These times are tentative. When we get a head count we'll know if they need to be adjusted.



Dec. 5th MDI Meet Results

Conor Ferguson's 100 IM & 100 free shredded his old times with drops of 6.21 & 13.21 sec. respectively for 2 new PB (personal best) times of 1:37.58 & 1:22.15. Great job, Conor.

Working hard in practice, **Tristan Hood** saw the rewards when he tackled the 50 & 100 frees at MDI. With great gusto he set 2 new PB times of 48.04 & 1:48.98.

Gregory Kamra achieved a milestone accomplishment this meet in his 100 IM as he broke the 2 minute marker with a new PB of 1:57.69, a 6.92 second drop from his old time.

John Reisert drives through every workout, every set, without complaint & his hard work paid off with 3 great swims & a whopping 15.87 second drop in his 100IM for a new PB of 1:38.73.

Tiffany Fletcher smashed her 50 & 100 free times with 7.44 & 16.22 sec. drops respectively, setting 2 new PBs of 42.50 & 1:35.79. Way to go, Tiffany!

Jess Greeley continues to sculpt & refine her strokes as she again takes down her old PB 100 breast time with an 8.58 sec. cut for a new time of 1:33.08.

Elizabeth Larsen gracefully sliced 6.27 sec. off her 50 fly for a new PB of 41.86 then with tremendous stamina powered through the 100 breast to set another PB of 1:40.76.

Zoe Perkins had 3 tremendous swims: first breaking the 40 sec. mark in her 50 free for a new PB

of 38.51 then cutting a huge 16.47 sec. off her 100 free for a new PB of 1:24.89 then finishing her day with a 10.71 sec. drop in her 50 breast, as well as breaking the minute mark, with a time of 54.27.

Jackson Eaton likewise had a red-letter day with 3 swims that set new PB times; the first being the 100 IM where he copped 10.68 off his old time, then the 50 fly where 16.99 sec. fell away to see him not just break the minute mark but smash it with a new PB of 44.26. Jackson finished his meet with an 8.44 sec. drop & new PB in his 50 back.

One of the most sought after times to break is the 30 second mark in the 50 free. This day **Ben Thibert** & **Allison Fischang** both conquered that rite of passage, joining the ranks of the senior swimmers as 'those that swim the 50 free in "the 20's" '. Congratulations to Ben and Allison.

A polished stroke and powerful pull had **Griffin Davis** seeing big drops in his 100 free & 100 breast times with new PBs of 1:02.05 & 1:18.87 respectively.

Ben Wehry took the ticket on largest times dropped when he whacked 33.51 sec. off his old 200 free time for a new PB of 2:30.78 then cut 33.94 off his 100 back for a new time of 1:35.75. Good job, Ben.

Sam Zarfos took down 3 of his old PB times in the 200 IM, 100 fly and 100 back. Three big swims that saw cuts of 8.64, 8.60 and 4.53 for new PB times of 2:23.63, 1:06.26 & 1:12.38. Congrats, Sam.

Samantha Briggs executed a great 100 back, dropping 11.22

Seconds from her old time for a new PB of 1:12.85.

MMD welcomes **Mathew Foster** to the team this year, a swimmer who consistently drops time every meet. Getting stronger & faster he set 2 new PBs in the 50 & 100 frees with 27.57 & 1:01.58.

Welcome Mathew.

Ty Guerin flew down & back and down & back again. His 100 fly, a big swim to tackle, saw a 10.49 sec. drop from his old time for a new PB of 1:29.01. Well done, Ty. **Lucas Principato** set two great new PB times in his 200 free and 100 breast. Carving 6.16 and 3.64 sec. off already good times, Lucas took down his old times for new PBs of 2:19.17 in the 200 free and 1:25.68 in the 100 breast.

We were 83 swimmers strong at MDI and did the Waterville Y proud. Great job by all our swimmers. Thank you for attending.

Photography

We're in need of a parent rep. from the Sat. Little Dolphin/ Bronze 1 group to serve as group photographer & another from the Bronze 2 group to do the same. Each swim group has a photographer that takes pix of the swimmers in practice, on deck & at meets. These are submitted by jpeg email to me. I'll get them on flashdrive and to our DVD coordinator who will create a slideshow of the swimmers, set to music for our end-of year banquet. We make every effort to include as many swimmers as we can, group shots are great for this goal. If you are interested please contact me. Thank you.

USA & YMCA Meet Schedule 2009- 2010

Sept. 8	YMCA/USA	Lane 4 Gold & Gold Plus	begins practice
Sept. 12	YMCA	Splash Bash Tryouts	MMD, Waterville
Sept. 26	YMCA	Coach Tim's 11 & older Start & Turn Clinic	Waterville
Sept. 28-Oct. 2	YMCA	team tryouts/registrations	MMD, Waterville
Oct. 5	YMCA/USA	MMD whole team	begins practice
Oct. 19	YMCA	Gold & Gold Plus Intra-squad meet	MMD, Waterville
Oct. 24	YMCA	Coach Tim's 11 & older Start & Turn Clinic	Waterville
Oct. 25	USA	Haunted Hat Meet	HSC, Bangor
Oct. 31	YMCA	10 & under free Start & Turn Clinic	Waterville
Nov. 14	YMCA	Dual Meet #1 (MMD vs. CBRY)	MMD, Waterville
Nov. 18/19	YMCA	MMD Aquathon-mandatory	MMD, Waterville
Nov. 21	YMCA	Dual Meet #2 (MMD vs. LRSC)	MMD, Waterville
Dec. 5	YMCA	Dual Meet #3 (MMD vs. MDI)	MDI, Bar Harbor
Dec. 11-13	USA	Bowdoin Open	Bowdoin College
Dec. 12	YMCA	Closed Meet #1 (MMD, WCY, Pbay, LRSC)	WCY, Belfast
Dec. 19	YMCA	Closed Meet #2 (MMD, PRY, STY, WCY)	MMD, Waterville
Jan. 9	YMCA	Dual Meet #4 (MMD vs. PTSC)	PTSC, Portland
Jan. 10	USA	Wicked Good Meet	HSC, Bangor
Jan. 23	YMCA	Closed Meet #3 (MMD, CCSC, PRY, PBay)	MMD, Waterville
Feb. 7	YMCA	YMCA All-Stars (qualifying times)	Bates College, Lewiston
Feb. 7	USA	Tuffin' Up	LRSC, Bath
Feb. 13	YMCA	Closed Meet #4 (MMD, SYT, CBRY, BBYD)	LRSC, Bath
Feb. 19-21	USA	Sr. Meet, Bronze & 8 & under	CMA, Cape Elizabeth
Mar. 6-7	YMCA	YMCA State Meet	UMO, Orono
Mar. 11-14	USA	USA Championships (qualifying times)	Bowdoin, Brunswick
Mar. 12-14	YMCA	Y New England's (qualifying times)	Harvard University
Apr. 1-3	USA	Zones (qualifying times)	Webster, NY
Apr. 7-10	YMCA	National Championships	Ft. Lauderdale, FL



December 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Bar Harbor away meet
6	7	8	9 MMDPBA Meeting 5:15	10	11 USA Bowdoin Open 3-day meet	12 Belfast away meet Bowdoin Open
13 USA Bowdoin Open 3-day meet	14	15	16	17	18	19 Split meet @ home
20	21	22	23	24 No afternoon practice	25 No practice	26
27	28	29	30	31 No afternoon practice		

