

Dolphin News

Issue #13, Feb. 1, 2010

Applebee's

March 21st the Dolphins' will host the last fundraiser of the season, our **Applebee's Breakfast**, from **8-10am**. Tickets are in an envelope, along with a cover letter, in each swimmers file folder in the black file boxes on deck. Please check your swimmer's folder for their envelope. **Eight tickets are in each. Swimmers are asked to please sell at least four, more is great!** They are \$5 a piece. For every ticket sold & used MMD gets \$3. For each sold & not redeemed, the Dolphins get \$5. The breakfast is a lot of fun for those that attend & for those that work it. There will be a **sign-up on the bulletin board today for swimmers to sign up to work the Applebee's breakfast.**

The restaurant changed the age requirement from 13 & older in past years to 15 & older. I know the kids all really enjoy working the breakfast and look forward to it but we can only have those who will be 15 by Mar. 21st work the fundraiser.

Tickets must be sold by Feb. 15th. Please put the money collected in the pre-labeled envelope you are given with your tickets, fill out the front & put it in the safe in Coach David's office, or give it in to Tess. You can put in the cash or write a check for the amount and put that in the envelope.

Bath Meet

Sign-ups are on the board. This is a split meet format.

All-Stars' Qualifiers

Not everyone who qualifies for Y All-Stars is able to attend. Sometimes other meets, obligations or obstacles occur. Let's recognize & congratulate all those MMD swimmers who qualified this year:

Girls:

9-10: **Sophia Libby**
11-12: **Kristen Preglovick**
11-12: **Mary Erb**
13-14: **Erzsebet Nagy**
13-14: **Ciara Ferguson**
13-14: **Kenya Whitehead**
Sr: **Lindsey Preglovick**
Sr: **Amanda Joy**
Sr: **Samantha Mathieu**
Sr: **Alexa Williams**
Sr: **Emily Clark**

Boys:

9-10: **Conor Ferguson**
9-10: **David Govoni**
9-10: **John Reisert**
11-12: **Emmett deMaynadier**
13-14: **Brendan Mahns**
13-14: **Arthur Conover**
13-14: **Sam Zarfos**
13-14: **Griffin Davis**
Sr: **Nico Schultz**
Sr: **Caleb Hoffman**
Sr: **Sergey Terrio**

Aquathon

Prize Winners

Five swimmers brought in \$200 or more, their names were put in a swim cap & 1 was pulled as the lucky grand prize winner. Congratulations to **Sierra Weston** winner of this year's ipod touch.

Our 5 top earners were:

Sierra Weston \$500

Zoli Nagy \$400

Logan Malyk \$206

Sophia Libby \$205

Margaret Reisert \$200

The top 13 high earners won a prize for their aquathon efforts.

The winners & prizes were:

\$100 Alfond Pool Party:

winner: Bryanna Fisher

\$80 Portable DVD Player:

winner: Sophia Libby

\$75 Wal-mart gift certificate:

winner: Sierra Weston

\$60 Micro-Fly Helicopter:

winner: Logan Malyk

\$50 Wal-mart gift certificate:

winner: Zoli Nagy

\$30 Men's Speedo Watch:

winner: Jackson Eaton

\$25 Itunes gift certificate:

winner: Margaret Reisert

\$20 Wal-mart gift certificate:

winner: Macy Mansir

\$20 Pizza Hut gift certificate:

winner: Mikayla Carr

\$20 Pizza Hut gift certificate:

winner: Sarah Wolman

\$20 Pizza Hut gift certificate:

winner: Emily Eaton

\$16 Mega Voice megaphone:

winner: Sydney Townsend

\$14 2 Flagship cinema passes:

winner: Mia Fairman

Tapering

In preparation for Y States and USA Champs, coaches will taper workouts in a couple of weeks (same time in the water but less yardage).

You've seen your swimmer work hard to build how far they can swim, now they will decrease that distance and you may wonder why. Why taper? How will it better times at Championship competitions? Good question.

Research has shown that tapering leads to improved performance. During taper your body has more time to recover & sleep is usually more sound. Swimmers will do less yardage but still have intense sets.

Some swimmers have been shown to form more red blood cells during taper, allowing their muscles to get more oxygen from their blood. Another benefit is there is less lactic acid build-up in the blood during taper & glycogen (your muscles' fuel) increases. Muscle fiber may also increase during a taper.



All these changes enable the swimmer's muscle strength & power to increase, preparing them for major competitions rested, strong & fast.

Psyche Party

Our psyche party will take place in late Feb. Details will be sent by email in the next week or two.

Book Your Room

Rooms fill up *very* quickly in Orono, Bangor & Brunswick. Go online or phone to book accommodations soon if you are going to be staying over for Y States and/or USA Champs. Some folks book 3 + months in advance so don't procrastinate.

Parent Board Meeting

Our next MMDPBA meeting will be held Feb. 25th at 5:15pm in the conference room. Coaches issues, treasurer's report, president's report, fund allocations & elections for officers' positions will be on the agenda. Our officer positions are: President, Vice President, Treasurer, Assistant Treasurer & Secretary. Those officers currently holding positions please let me know if you would like your name on the ballot again for our upcoming summer & winter season 2010-2011. Anyone interested in adding their name to the ballot for one of these positions is welcome to run, drop me an email and I will add your name.

Lost

One of our 8 yr. old swimmers has had her bag taken from the locker room. It's a dark blue shoulder bag with a team suit, rainbow suit w/ stars, clear goggles, 2 swim caps, black flipflops, towel & sm. blue hairdryer. If found please give it to Coach David or Call Mary Kochaver 872-5284.

YMCA State Meet Schedule

Saturday, March 6th:

8 & U girls: warm-up 7:30am; start 8:30am

8 & U boys: warm-up 10:30am; start 11:30am

10 & U girls: warm-up 1:00pm; start 2:00pm

10 & U boys & 11-12 boys: warm-up 5:00pm; start 6:00pm

Sunday, March 7th:

12 & U girls: warm-up 7:30am; start 8:40am

14 & U & Senior girls: warm-up 10:30am; start 11:40am

14 & U & Senior boys: warm-up 3:00pm; start 4:10pm

The first session of each day will (fingers crossed) start on time. The following sessions are sometimes pushed back if there are delays in the previous session. There is never any knowing about this ahead of time, please have your swimmer to the meet & ready to go on deck 15 mins. before their scheduled warm-up session.



Portland Results

Jan. 9th the Dolphins headed to Portland, land of the Pine Tree Swim Club, for a dual meet.

Michael Dempski, 13, swam an impressive 100 breaststroke pulling a 3rd place finish and a new PB (personal best) of 1:32.15.

Andrew Todd, 11, swam his own powerful breaststroke for a new PB in the 50 of 1:01.47, a 24 sec. drop from his old time.

Caitlin Labbe, 8, took on a FTE (first time ever) swim in the 25 breast, finishing 5th with a great time of 48.45. She went on to cut her 25 free by almost 2 seconds, establishing a new PB of 27.92 & then tackled a 50 distance in the free for a FTE swim of 1:04.94. Congratulations Caitlin.

Katie Cobb, 10, anchored a tremendous 200 med. relay of **C.**

Bazakas-E. Eaton-S. Libby-K. Cobb for a 1st place finish. She went on to individuals in the 50 free & 50 back, est. new PB in both events. A red-letter day for Cobb. Great job, Katie.

Zodiak Cookson, 13, braved a FTE 100 back and grabbed 6th place with a strong finish of 2:03.53. She went on to kill her 100 free time, cutting 12.44 sec. off her seed, for a new PB of 1:39.95 then tore down her old 50 free time for another PB. Well done, Zoey. Also in the water in the 100 back and 50 free was **Simone Livshits**, 13. Smashing her seed time, Simone est. a new 100 back PB with 1:41.58, a 26 second cut. Taking down her old 50 free seed, she sped to the blocks for a new PB of 38.17.

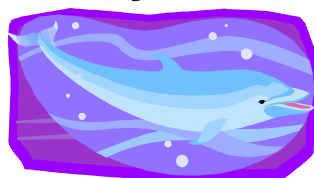
Erzsebet Nagy, 14, pulled in 16 points for the Dolphins with three powerful swims. Taking lead leg on the 200 med. relay of **E. Nagy-E. Clark-A. Williams-K.**

Whitehead, she swam a strong 31.41 back, helping bring the relay a 1st place finish. Individually Erzsi took 2nd in the 50 free with a time of 27.59 and 2nd in the 200 free est. a new PB of 2:12.90. Well swum! Our girls relays were first rate today.

Kayla Redman, 13, anchored the girls 14 & under team of **K. Wight-H. Allen-T. deMaynadier-K.**

Redman helping to earn a 1st place finish and 8 points for the dolphin team. She then swam a PB in the 50 free with a time of 32.68 and a graceful 100 free that took 3rd place, which together garnered four more pts for the team. The girls 12 & under 200 medley team of **Z. Perkins-T. Fletcher-S. Hopkins-M. Carr** continued the 1st place finish trend as anchor **Mikayla Carr**, 11, raced to the blocks out touching the competition. Mikayla went on to swim a powerful 50 back for a new PB of 44.75. Breaking the 3 min. mark,

Megan Hooper, 12, stomped her old time of 3:06.22 in the 200 free with a new PB of 2:57.54 and nailing a 3rd place finish. She continued to cut time in the 50 fly for a new PB of 40.29 and wrapped her day with a strong 3rd place finish in the 50 back with a time of 41.91. Well swum, Megan.



Recovery

adapted Splash Mag. article by Linda Hass

A workout is over when the body's rehydrated & refueled. "Recovery nutrition is phase two of a workout," said Dr. Andrew Gregory, team physician, Vanderbilt Univ. Often, athletes don't feel like eating after training because they're tired, but Gregory tells them to eat anyway. "The ability to perform at a high level the next day is dependent on how well the body recovers depleted energy & repairs muscles," said Gregory. Foods best equipped to help recovery are a mix of carbs & proteins. Carbs found in fruit, yogurt, bread, cereal & more. Protein in nuts & energy bars repair muscles. Drinks that contain carbs & sodium replenish lost fluids & nutrients. Timing is key. Athletes have a 45-minute window to maximize recover, said Joel Stager, Kinesiology professor, Indiana Univ. "Athletes who eat & drink soon after practice have a distinct advantage over competitors who don't. Muscle cells become resistant to absorbing nutrients after two hours. " Liquids are absorbed more quickly than solids. "Swimmers need to see training as a 24-7 process", said Stager. Eating right is key, it may be ultimately as important as swimming laps. Athletes who practice proper recovery nutrition on a daily basis can train better, leading to faster times when it really counts."



Jan 30th Home Meet Results

Andrew Todd, 10, had little rest this past Saturday as he joined the 200 free relay of **T. Hood-E.**

Principato-A. Todd-J. Reisert to bring in a strong 2nd place finish then lined right up for the 100 IM, an event in which he broke the 2 min. mark with a PB of 1:56.71. Todd then snagged 2nd place in the 100 free with a strong swim and powerful finish. Like Todd,

Isabella Moody, 10, took events 2 & 3 at a run. Teaming up for the 200 free relay of **E. Warger-I. Moody-S. Weston-S. Libby**, Moody helped bring in a 1st place finish then was back to the blocks for the 100 IM. Moody also broke the 2 min. mark on the IM with a PB of 1:55.17. Moody went on to est. another PB in the 50 free with 43.19. Great swims, Isabella.

Edin Sisson, 8, had a great day braving two brand new events for FTE swims in the 100 IM & 50 back, est. super times & two 3rd place finishes. Way to go, Edin!

Kyle Burger-Roy, 8, anchored a strong 100 free relay of **A.**

Livshits-C. Jones-M. Guarnieri-K. Burger-Roy. The team powered their way to a 2nd place finish. Good job, guys. **Vann Guarnieri**, 10, took to the pool for a strong 50 back taking 2nd place then tackled a FTE (first time ever) swim in the 50 fly for a 3rd place finish & a new time of 58.03. Well done, Vann.

Ben Hatch, 11, took lead leg on a tremendous 200 free relay of **B. Hatch-K. Golden-A. Baez-J.**

Eaton helping to bring in a 2nd place finish with a time of 2:23.56.

Macy Mansir, 13, tore through the 50 back, breaking the 50 sec. mark & est. a new PB of 49.67.

Cloe Sisson, 6, took on the 25 back, breaking the 30 sec. mark with a new PB of 29.40. Great swimming, Cloe. **Sarah McNeil**, 6, confidentially took to the water for a shot at the 25 free & 25 back. In both swims McNeil slashed her old times for 2 new PBs. **Dayna Plourde**, 10, had a terrific 50 back as she swiftly stroked her way to the min. mark, dropping her old time of 1:08.35 to a PB of 1:00.13! **Kim Thibert**, 9, ripped 8.52 sec. off her 50 back for a new PB of 1:03.33. Taking to the waters for a FTE swim in the 50 free, Thibert broke the min. mark with a time of 59.28, congrats Kim.

Katelyn Lovejoy, 11, gracefully stroked her way through the 50 breast for a new PB of 1:02.47. Great swimming Katelyn. **Marissa Kinney**, 11, earned 2 PB times in the 50 free & 50 breast with two strong swims then took to the pool for a FTE swim of the 100 IM, with determination & focus she broke the 2 min. mark on her first time out with a swim of 1:55.18. Beautifully done.

Bryanna Fisher, 11, garnered 3 PB times this past weekend with wonderfully executed swims in the 50 back, 50 free & 100 free, & a cut of more than 3 sec. in her 100! **Olivia Lopes**, 13, out swam the competition to grab a well-deserved 1st place finish in the 50 fly with a PB time of 38.53 then went on to earn another PB in the 50 free with a strong 32.36.

Kaileigh Lenentine, 14, nailed 2 top 3 swims & 2 PB times, swimming 50 back with a PB of 36.22, 50 fly at 42.10 & 50 free at a PB of 31.91. **Haley Campbell**, 15, took on 3 NT swims for 3 top 4 finishes in the 50s back, fly & breast. Well done, Haley. **Courtney Klaiber**, 15, took on 3 big swims tackling the 100 fly for 2nd place, the 50 breast for a PB of 41.33 & the huge 200 breast, a FTE swim for a time of 3:22.95. **Kaeli Hood**, 17, anchored the 200 free relay of **A.**

Joy-S. Briggs-K. Bolduc-K. Hood to bring in a 3rd place finish. Hood went on to swim a PB in the 50 fly & to take on the grueling 500 free where she broke the 6 min. mark with a time of 5:56.74.

Chris Crockett, 14, swam a powerful 200 breast for a PB of 3:07.71 & 3rd place finish then took on the 100 free for 1st place & PB of 1:10.26. Good job, Chris.

Michael Dempski, 13, helped teammates with a strong 2nd leg of the 200 free relay to bring in a 2nd place finish then grabbed 2nd place in the 50 back, breaking the 40 sec. mark with a PB of 36.94. Dempski also ripped 6.36 sec. off his 100 free for a 3rd place finish & PB of 1:13.73. **Will Hoffman**, 16, had tremendous swims first breaking the 30 sec. mark in the 50 fly with a PB of 28.96 then breaking the min. mark in the 100 free with a PB of 58.80 & finishing off with a FTE swim in the 200 back with a strong 2:30.39. Great swimming, Will. Whatever the stroke, **Matt Twist**, 16, can swim it. Today he proved the point taking 3 top 3 finishes with 3 PBs in the 50 breast, 100 fly & 200 back!

USA

SYOA

Sixteen Dolphins attended the 2-day SYOA (Swim Your Own Age) Meet in Westbrook, swimming beautifully. **Kaitlin Corson**, 7, our youngest attending member earned 20 pts. in just 3 swims. Corson swam the 25 free & back and 50 free, ripping 10.36 sec. off her old 50 free time for a new PB that broke the min. mark at 59.59. **Emily Larsen**, 8, brought home 16 pts. for the Dolphins as well as challenging herself to a FTE 25 fly & earning 2 PB in the 25 free & back, breaking the 20 sec. mark in the free & the 30 sec. mark in the back. Wonderful swimming! **Olivia Roy**, 8, stomped her old times for 3 new PB (personal best) swims in the 25 breast, free & fly, tearing a whopping 12.35 sec. off her 25 fly. Way to go, Olivia. **Mackenzie Burton**, 9, hauled in 49 pts. for the Mid-Maine Dolphins with 5 powerful swims, 2 of which were FTE swims & 2 earned PB times, the 100 IM & 100 free, while three were top 5 finishes! **Elizabeth Larsen**, 11, took on the mighty 100s, achieving 2 PB times, in the 100 breast & 50 free, as well as a FTE swim in the 100 back for a new time of 1:32.46. **Emily Roy**, 11, joined Larsen event-for-event in the 11 yr. old group garnering 3 PB times in the 100 breast, 50 free &, with almost a 5 sec. cut, in the 100 back! **Sierra Hopkins**, 11, won 43 points for team Dolphin with powerful swims in 5 events. Cutting time in both the 50 & 100 free for 2 PBs, Sierra also swam 2 FTE 100 fly & 100 back & landed 4 swims

in the top ten. Well done.

Mary Erb, 12, brought in 24 pts with just 3 swims at SYOA as well as earning 2 new PBs in the 100 breast & 50 free and landing 2 swims in the top ten, good job. **Jessica Greeley**, 12, earned four top 16 swims during the weekend-long meet with point earners in the 100 breast, IM, fly & back. Seven pts. that also saw a PB in the 100 IM & 2 FTE swims in the 100 fly & 100 back. **Kristen Prelgovisk**, 13, with our girls high point earning of 105 pts. swam 6 top 4 swims, taking 1st twice in the 100 breast & 100 back with PB times in both; taking 2nd twice in the 50 free & 200 IM again with PB times in both & taking 3rd in the 100 free & 4th in the 100 fly with, yet again a PB time. Beautifully swum. **Ciara Ferguson**, 13, collected 67.5 pts, a huge sum for 6 great swims. Ferguson landed 6 for 6 top 10 swims & refining her skill set, shaving her times, achieved a whopping 5 PB times. **Allison Fischang**, 13, dove right into the 6 most challenging swims of the meet, the 4 100s, 50 free & 200 IM earning 9 pts. & PBs in the 100 breast, 200 IM & 100 back as well as a FTE swim in the 100 fly. Good job! **Hannah Allen**, 13, took on Sunday's 3 swims, the 100 breast, 50 free & 200 IM earning a PB time of 35.95 in the 50 free & a FTE swim in the grueling 200 IM. Nicely done, Hannah. **Arthur Conover**, 14, set all new PB times in the 50 free, 4 100s & 200 IM, breaking the min. mark in the 100 back & bringing home 111 pts for the Mid-Maine Dolphins. Beauti-

fully swum, Conover took 4—1st place, 1—3rd & 1—4th place slots. **Courtney Klaiber**, 15, tackled the big 6 swims, slashing her old 100 breast time by almost 7 sec. for a new PB of 1:30.44; she went on to cut away two more times for PBs in the 200 IM & 100 fly as well, landing a top 16 100 fly time. **Lindsey Prelgovisk**, 15, carved away at her times in the 100 breast & 100 fly for 2 PBs as well as landing 6 top 8 swims and garnering 85.5 pts for the Mid-Maine Dolphins. Well done team.

YMCA

Bangor Sr. Meet

Will Hoffman, 16, had 2 stand-out swims est. PBs in the 100 fly & 200 free with a 4 sec. cut in the free he effortlessly swam the race to a triumphant finish and PB of 2:13.57. **Arthur Conover**, 14, swam an amazing FTE 1650 free taking 1st place with a time of 17:51.04. A powerful swim. **Nico Schultz**, 16, hit 2:06.48 in the 200 back. An amazing record breaking race as he practically swam atop the water. **Elizabeth Larsen**, 11, continues to shave her 50 breast for a new PB each swim, hitting 44.60 she swam with grace and power. **Sergey Terrio**, 16, took 1st place with a strong 1000 free & PB of 10:37.30. **Emmett deMaynadier**, 12, saw 3 PB times in Bangor in the 50, 100 & 200 free. With seeming ease, deMaynadier took down each of his old times. Congratulations team.

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-requested
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. 16-17	USA	SYOA: Swim Your Own Age	Seals, Westbrook
Jan. 30	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
March 27	YMCA	MMD end-of-season banquet	MMD, Waterville
Apr. 1-3	USA	Zones (qualifying times)	Webster, NY
Apr. 7-10	YMCA	National Championships	Ft. Lauderdale, FL



February 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 YMCA All-Stars USA Tuffin' Up	8	9	10	11	12	13 YMCA closed meet MMD @ Bath
14	15	16	17	18	19 USA Cape Eliz. Meet	20 USA Cape Eliz. Meet
21 USA Cape Eliz. Meet	22	23	24	25 Parent board meeting 5:15pm	26	27
28						

