

Dolphin News

Issue #14, Feb. 15, 2010

Y States

Important items to note:

They are very strict about fire marshal rules at UMO, space is limited, there are to be no coolers or duffle bags in stands.

Also, NO PARENTS are allowed on deck unless they are working the meet as a designated official, timer, marshal or runner. To do so could disqualify our entire team.

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. Please have your swimmer ready to go on deck 15 mins. before their scheduled warm-up session.

For more Y States info check out the news page on midmainedolphins.com

Psyche Party

Fri., **Feb. 26th 4:30-5:30** will be our team Psyche Party in preparation for Y States. Silver 3 & 5 will swim 4-4:30; Gold & Gold+ will swim 5:30-7pm. From 4:30-5:30 @ the Alford Center we will hold our annual psyche party. We will be serving **drinks**, a **snack** and 2 slices of **pizza** to each swimmer (families and siblings may attend but the food is for the swimmers, please bring your own if you wish to eat with your swimmer). We will have **music**, **food**, **t-shirt signing** (bring a t-shirt if you want it signed by your fellow swimmers), as well as a corner where swimmers can help **design a banner** to hang at States and another area for **SWIM BINGO** where prizes (swim towels, t-shirts & more) can be won. It will be a great time! If Friday is not your regular swim day, come anyway, join in the fun, all MMD swimmers are welcome.

Remember

When heading to States make sure your swimmer has back-up goggles, 2 swim caps, competition swimsuit and back up suit, 2 towels, water bottle & healthy snacks. I can't tell you how many times goggles & swim caps have broken at practice & kids have had to scramble to find a friend with an extra. *Even at daily practice, swimmers should have backup goggles & swim cap in their bags.*

Parking @ States

There will be a hockey game Sat. & a b-ball game Sun. impacting parking @ UMO. Satellite parking without a shuttle will be used, drop your swimmer off then park in the Jenness Hall Lot, more States info and detailed parking info and map is available at our website: midmainedolphins.com

Tickets in Box

March 21st (mark it on your calendars) will be the MMD pancake breakfast at Applebees. Every swimmer has an envelope with tickets to sell in their folder in the black file boxes. Please pick up your envelope if you haven't already. Each swimmer has been given 8 tickets to sell. We request you sell at least 4, more are available if you run out.

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 is a sign-up for 15 & older swimmers on the bulletin board to work the fundraiser, please sign-up yes or no today so we can get a head count. We need 15 swimmers to work the function! 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.

YMCA States Jobs

Each team at States is asked to fill certain jobs during each meet session. This year MMD is responsible to cover lane 6, providing 3 timers for that lane, per session. Additionally we need at least one certified Y official to volunteer for each session and on Sunday we need two people per session to volunteer as marshal and runner. If you're interested in volunteering for any of these positions send me an email and I will forward it to our volunteer coordinator, Mary Denise Ferguson. The coaches are being vested with an additional responsibility of making sure the area where our swimmers are seated is policed and cleaned by the swimmers before they leave, otherwise the team will be fined \$50. So, please tell your swimmer to carry out whatever it is they carry in and to trash their trash before leaving.

Photos

Our season is drawing to a close. Many of you have undoubtedly taken some great pictures of your swimmers & their friends. If you would like them included in our end-of-season banquet slide show, please put them on a disc and give them to either Tess or Coach Beth pool-side. **This must be done by March 12th to be considered for inclusion.**

YMCA New Englands

Please look on our website for the qualifying times for Y New Englands or on the bulletin board on deck. See if your swimmer has qualified for this meet, which will be held March 12-14 at Harvard. If so, let your coach know ASAP. We are gathering names of those who have qualified and are also interested in attending the meet to see what our coaching needs will be for that weekend and because entries will need to be submitted soon. Currently we have no one who has submitted entries or notified us of having qualified, if your swimmer is intending on going please speak to their coach ASAP.

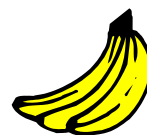
Morning Sentinel Ad

Before the March 6th/7th Y States the Morning Sentinel will be running a large ad to wish our swimmers good luck. The team photo will be the center of the ad and families and local businesses can take ad space around the photo to wish the team or individual swimmers good luck.

If you are interested in running an ad to cheer on your swimmer, please contact Joan Hallee of the Morning Sentinel at: 861-9203 or jhallee@centralmaine.com to get your ad posted. A 1x2" ad is \$30, a business card size ad is \$56.

Muscle Cramps

Cramps can be kept to a minimum by giving your swimmer adequate hydration and fresh fruit, especially bananas, and reducing salt intake. Cramps



usually occur because of a depletion of potassium. Bananas,

dried apricots and prunes are all high in potassium. Salt and exercise deplete potassium reserves so skip the chips, especially at meets.



Bath Results

Feb. 13th **Alicyn Govoni**, 7, made her mark on the 25s. Two FTE (first time ever) swims, in the more difficult strokes of breast & fly, A. Govoni est. strong times of 31.07 & 34.61, respectively. **Sarah Kohl**, 8, tackled the 25 free nabbing 3rd amongst a large field. **Morgan Veilleux**, 8, took on the 50 free setting a PB of 45.18, cutting her time by 4.43 sec. **Leah Smith**, 8, broke the min. mark in her 50 free with a PB of 58.05, congratulations Leah. **Jake Witham**, 8, had a FTE 50 breast swim & est. a competitive time of 1:04.51, well done. **Isabella Moody**, 9, swam a strong 50 free for a PB of 40.63 & a FTE 50 back in 50.72. **Zoli Nagy**, 10, sliced 2.86 sec. off his 50 back for a PB of 41.58. **Hannah Bouchard**, 10, braved the 100 breast for the first time, setting a great 2:01.33 time. Lane mates, **John Reisert**, 10 & **Olivia Jones**, 10, dared 100 fly FTE swims. Two powerful swims later each took 2nd place in their events, setting impressive times. Reisert mastered his fly at 1:58.39. Jones brought hers in at 1:43.85. Jones went on to tackle a FTE 100 back in 1:42.42. **Katelyn Lovejoy**, 11, swam a beautiful 100 free, cutting her seed for a new PB of 1:52.27. Congratulations, Katelyn, well swum. **Bryanna Fisher**, 11, mastered a FTE 200 free with a time of 3:16.33. **Mikayla Carr**, 11, set 2 PB times in the 50s back & free of 43.48 & 37.08 respectively. Good job, Mikayla. **Alex Bevier**, 11, swam into 1st place in his 100 breast with a PB 1:47.18!

Ben Thibert, 11, did the team proud with a FTE 100 fly & a finish of 1:29.74. He went on to est. PBs in the 50 breast & 100 free. **Alan Baez**, 11, had a red-letter day with 3 PBs in the 50 back (41.53), 50 free (33.10) & 100 free (1:14.38). **Matheson Dempksi**, 12, saw a PB in the 50 breast, touching in at 46.52. **Margaret Reisert**, 12, brought her 200 free in with a 5.6 sec. cut & a finish of 2:47.81. **Megan Hooper**, 12, powered through the 200 IM, slashing her seed by 18.25 sec. for a new PB of 3:18.64. Impressive. **Ben Misner**, 12, tore close to a min. of his 200 free seed for a PB of 3:14.14 then proceeded to set a PB 50 breast of 49.89 & a 100 breast FTE swim of 1:51.18. **Zodiak Cookson**, 13, took down her old 50 back time for a strong PB of 53.15. **Kayla Redman**, 13, set a new PB in a beautifully swum 100 breast (1:34.64). **Macy Mansir**, 13, swam a fluid, elegant FTE 50 fly for a time of 50.28. **Brandon Smith**, 13, decimated his 100 breast seed of 1:50.74 when he touched in at 1:26.49. **Ty Guerin**, 14, set a new 50 free PB with a great 31.08 swim. **Katherine Wight**, 14, set 2 PBs in the 50 free (32.22) & 50 breast (43.25) with strong, graceful swims. **Nico Schultz**, 16, ripped 22.57 sec. off his 1650 free seed for a powerful PB of 18:00.01. A 1:57.40 200 medley relay of **Arthur Conover**, **Adrian Rivas**, **Brendan Mahns** & **Sam Zarfos**, all 14, broke the MMD record for that event which has stood for 17 years (since 1993). Congratulations guys.

All-Stars

Griffin Davis, 14, tore up his old times in the 200 IM & 100 breast at his first All-Stars. Cutting 2.49 & 1.87 off his seeds, Davis set a new PB IM of 2:29.74 & PB 100 breast of 1:17.00. A lot of our 23 MMD swimmers who made All-Stars were there for their 1st time. **Conor Ferguson**, 10, made his All-Star debut with a strong 100 IM & a new PB in his 100 free with a 2.73 sec. for a time of 1:19.42. Our youngest swimmer, **David Govoni**, 9, previewed a tremendous 50 breast that saw a cut of 3.10 sec. for a PB of 46.05. **Sophia Libby**, 10, powered through the waters for 2 PBs of 33.89 in the 50 free & 1:17.73 in the 100 free. **Erzsebet Nagy**, 14, ripped 2.03 sec. off her 200 free to set a strong 2:10.87 PB time & earned the team several points. **Matt Twist**, 16, grabbed 3 points with a tremendous 100 free and a PB time of 54.30. **Kenya Whitehead**, 14, sliced 3.45 sec. off her 200 IM for an impressive PB time of 2:34.78. **Sam Zarfos**, 14, grabbed two first place finishes and two PBs in the 200 IM and 100 breast, pulling in 11 points for the Central team and est. a 200 IM of 2:22.87 & 100 breast of 1:11.68. Well done, team.

USA

Tuffin' Up

LRSC hosted its annual Tuffin' Up meet where 7 Dolphins took to the water. **Emily Larsen**, 8, broke the minute mark on her 50 breast with an great 4.45 sec. drop for a time of 57.71. And she nearly broke the 2 min. mark in the 100 IM with a PB of 2:01.72! Great swimming. **Emily Roy**, 11, hit the trifecta with three new PB times in the 100 IM, 50 free & 100 back. Pushing herself to cut already sharp times, Roy attained a 1:35.25 in the IM, 38.70 in her 50 free & 1:31.42 in the 100 back. Well done. **Sierra Hopkins**, 12, landed an impressive 8th place finish in her 50 breast amongst a huge field of 79 mixed-age boy & girl swimmers. Continuing her successful run, Hopkins went on to est. two new PBs in the 50 free & 100 back. A great day for the 12 year old from MMD! Even at this time of season, with yardage at peak and exhaustion setting in, **Liz Larsen**, 12, cut 4 new PB times at Tuffin' Up last weekend. Extending her reach and focusing her gaze, sights set on USA Champ qualifiers, Larsen reached a new PB in the 100 breast with 1:34.62 and the 50 breast with 43.06 attaining her goals. She went on to set a PB in the 100 IM with a time of 1:26.64 and in the 100 free with 1:13.96. **Hannah Allen**, 13, took a nice bit of time off her 50 free for a new PB of 34.50. She then decimated her old 100 IM time of 1:39.83 with a new PB of 1:26.25. Then proceeded in doing the same to her 200 breast time, taking down

her seed of 3:30.97 and est. a new PB of 3:13.76. Way to go, Hannah! **Allison Fischang**, 13, swam a graceful and steady 200 breast to est. a new PB of 3:05.62., cutting a whopping 7.23 sec. off her old time. Most swimmers would agree four of the most challenging swims out there are the 400 IM, 1650 free, 200 fly and 200 breast. One of the hardest tasks, beyond completing these swims, is holding a steady time & pace throughout. Fischang did just that. After a strong 41.63 entry, she held a steady 47/48/47 sec. lap the three consecutive laps. Great swimming. She then flew through the waters in a powerful 100 fly that brought in a new PB of 1:20.06. Good job Allison. **Adrian Rivas**, 14, attacks every breast and free stroke swim with gusto and strength pulling strong times. He did just that in his 100 breast at Tuffin' Up, landing a new PB of 1:17.94. Very exciting was a new swim for Rivas, the 100 back. As a FTE (first time ever) swim, Rivas took to the water and owned the backstroke bringing in a strong finish time of 1:16.76. Congratulations Adrian and all our swimmers who represented MMD so well.

"A lot of people say natural talent is the most important element of a champion. I've always believed that's the base upon which you build. Desire, commitment, work ethic - create the total champion."
-Dave Gibson, Head Coach
Brophy East Swim Team

Reasons for Warming Up

by Ernest W. Maglischo (adapted from: Swimming Even Faster)

- 1) Stretching joints should increase flexibility and thus improve stroking efficiency.
- 2) A good warm-up can provide a rehearsal. Swimmers can refine stroke techniques, starts, & turns for an upcoming event, & they can practice paces & stroke rates for various events during the warm-up so they can go into their races knowing exactly how they should feel when they try to swim a particular speed.
- 3) Swimmers can become accustomed to their surroundings during the warm-up. Each pool has a different feel and distinctive problems and various identifying landmarks (such as backstroke flags) that swimmers use as to gauge their position during a race.
- 4) Another reason for warming up is to provide time for mental rehearsal. It can be a time during which swimmers practice mental imagery. They can plan their races and become focused on those aspects of their performance that will lead to success while swimming easily down the pool or while swimming sprint and paced swims.

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 Psyche party 4:30-5:30	27
28						

