

# Dolphin News

Issue #4, June 8, 2009  
MMD Dolphin Newsletter

Thank you to **Mitchell Cooper** for volunteering to be our new Yearbook Coordinator. Mitchell will create our upcoming season's end-of-year banquet slide show. Photography volunteers, & parents who get a great shot, should give me jpeg pix on a disc. Label photos with swimmer's names and swim group. I will put them in files by swim groups & pass them to Mitchell in Feb. He'll make the slide presentation with a strong representation of swimmers from each swim group.

## Returnables

The Fourth of July will be here before you know it. Flags, fireworks, BBQs &...returnable bottles!! Before tossing your empties, remember the Dolphins & take them to **Jokas Front Street Redemption Center** in Waterville or **Oakland Redemption Center** on Water St. The Dolphins have accounts at both locations. Tell them you're bringing these in for the Dolphins' account. The redemption center will add the funds to the MMD account. Monies will go toward the swimmers' pizza psyche party and end-of-year banquet. And remember, you can donate bottles to the MMD accounts at these two redemption centers all year long!



## Nationals

On any given day, at any given meet we are the Mid-Maine Dolphins, rooting for our teammates & cheering our YMCA; however, when Nationals roll around a transformation occurs. We become Mainers. All 21 swim clubs in Maine unite to support Maine swimmers who've achieved the goal of making Nationals. Maybe the next '*Ian Crocker of Maine*' will be amongst them. This year 23 Maine swimmers headed to Florida for this swim opportunity & they deserve a round of applause: Allison Lewandowski (15, TCST); Jessica Hodsdon (17, BGR); Mariah Reading (15, BGR); Emily Buczkowski (15, LRSC); Won Ho Chang (17, LRSC); Rachel Clegg (16, LRSC); Phillip Jacques (17, LRSC); Petra Janney (16, LRSC); Ian Nichols (18, LRSC); Abbey Ridge (17, LRSC); Jessica Russell (14, LRSC); James Wells (17, LRSC); Evan Coleman (13, Casco Bay); Brian Batson (18, DEFY); Chelsey Curran (15, DEFY); Cecelia McEachern (14, DEFY); Ian Carbone (17, MDI); Cullen O'Brien (17, MDI); Ty Onda (16, MDI); Michael Breen (18, MDI); Tyler Arndt (15, PenBay); Lianne McCluskey (17, PenBay); and Marley Clark (18, Piscataquis Y). [\(continued on page 2 under YMCA Nationals\)](#)

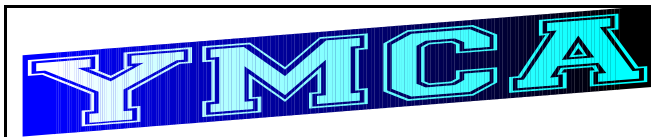


## Important Notice

Tanya Terrio & Denise Joy are gearing up for the new season as our Computer/Scoring Coordinators. Tanya gleaned a lot of new information at this April's Swimposium on the upgraded software and has been actively working on updating records and registrations this summer. She & Denise will be ready to roll when the new season starts; however, we **need a volunteer to assist them at the scorer's table, someone computer savvy, who will attend each home meet** (most likely 2 - 4 home meets this coming season). Tanya & Denise will show you the ropes and how you can help the Dolphins by helping them run the computer system. This is an important, necessary position. *If able to volunteer for this position, please contact Tess.*

"If you can imagine it,  
you can achieve it;  
if you can dream it,  
you can become it."

-William Arthur Ward



## Nationals (cont. from page 1)

All the swimmers did Maine, their families, & themselves proud. There were many fine swims, & a lot of best times; however, a special nod has to go to two swimmers that achieved outstanding placings at Nationals. LRSC's **Won Ho Chang** swam four individual events & five relays. In three of his indiv. events & in four of his relays he came back for finals. His indiv. 100 fly, 200 free & 200 fly saw three PBs & two top 8 finishes. **James Wells**, also of LRSC, likewise swam four indiv. events & five relays. Wells, one of the fastest swimmers in Maine, garnered four PBs in his indiv. swims & in the finals, took first place a phenomenal three times & second place, once. Of the five relays Chang & Wells took place in, alongside teammates **Ian Nichols** & **Phillip Jacques**, four returned for finals with their 200 med. relay placing top 8. A wonderful showing for Maine. *Congratulations to all 23 swimmers!*

## What is a Champion?

"Champions I've met have one thing in common. It isn't that they set out to be the best. It isn't about being the best. It's striving to be better that makes a champion. Some would call them perfectionists, but it isn't about being perfect. It's simply trying to be better. No champion has won every race. Talent is worthless without hard work and the ability to go after something with all you have.

I encourage young swimmers to identify what they want. In order to get from point A to point B, you better have a pretty good idea of where point B is. Point B is your goal. If you know what you want, your chances of obtaining it multiply infinitely."

-Gary Hall Jr.  
World & Olympic Champion

## Upcoming Y Meets

**July 18:** Summer Fun Meet, Waterville

## June Bug Jubilee

Husson College's Hurricanes hosted their annual June Bug Jubilee on June 6th. Coach Tim accompanied five USA Dolphins to the meet and it was a fun, fun day for all.

The 200 free was the Dolphins' first assault upon the waters, as **Brendan Mahns** & **Arthur Conover** took to the pool, taking 1st & 2nd place, respectively. Brendan went on to grab first place in both the 200 IM and 50 free, scoring a new PB of 26.92 in the 50 free. Arthur was back in pool in no time earning first place in both the 100 fly and 100 back with two powerful swims. **Sergey Terrio** was the next Dolphin to drive through the waters attaining first place in both the 200 IM and 100 fly and second place in the 50 free with mighty swims.

**Jessica Greeley**, in her first USA meet, proved that hardwork does pay off. Jess surpassed her old times and scored three new PBs with a 41.35 in the 50 back; 37.31 in the 50 free and 45.89 in the 50 breast. Great job, Jess.

**Hannah Allen** smashed two of her personal best times. Her old 100 breast PB was replaced as Hannah gracefully touched in at 1:34.79, first in her heat with a new best time, having cut almost five seconds off the old. Equally as deft in the fly, Hannah cut more than four seconds from her 50 fly to touch in at 43.34.

Several heat wins, many great placements and a bunch of time cuts were the call of the day.

Way to go Dolphins!



## Upcoming USA Meets

**June 20** Bath Sprint Meet, LRSC

**July 23-26** MSI Championships, Canada

## Whatcha Know

(excerpted from Splash Mag., by Bonnie Moss)

**Myth:** Energy bars are great meal replacements when I'm in a hurry.

**Truth:** Your body needs a variety of healthy meals containing lean meats, whole grains, fruits & veggies, kept in their most natural state. Save the bars for pick-me-ups between races during a long meet.

**Myth:** Carbs aren't good for you.

**Truth:** Carbs are a primary fuel for swimmers & an essential part of every swimmer's diet. To get the most out of your carb intake, choose natural carbs like fruit, 100% juice, milk and whole grains over refined carbs like soda, sugar and candy.

**Myth:** After a workout I should wait to eat.

**Truth:** 20-40 minutes after exercise is the *best time* to replenish what your body has lost. During this time, your body is most receptive to carbs and proteins. Healthy snacks, such as yogurt, help restore muscles and aide recovery after a hard practice. Don't wait till you get home, bring healthy snacks for after swim practice and meets. Once you are outside that 20-40 minute window your body doesn't avail itself of as much muscle regenerating nutrients as it does right after exercise.

**Myth:** Eating well doesn't make a difference in my swimming.

**Truth:** The key to quality training is nutrition and recovery. To get the most out of your workouts and meets: manage stress (try yoga, deep breathing, long walks), eat well, making wise food choices, and get the sleep you need (turn the TV, Xbox, and Nintendo off and go to bed). It can make the difference between achieving your goal or just missing it.

## Parent Board Minutes

Our first parent board meeting of the season was held on Wednesday, May 13, 2009 with seven team parents in attendance.

After a call to order and introduction of officers, Coach David spoke to the assembly about meet bids for the upcoming season, a Vacuum-a-thon to raise funds for a new pool vacuum, Summer Fun Meet and the computer Hy-Tek software update. He also noted Waterville will not be hosting the Maine Games this year.

Proceeding with the board's agenda they read and approved Robert's Rules of Order and the treasurer's report for this past season.

Motions that were made, discussed and passed included: forgoing purchases of sale items without prior approval; the purchase of Team Manager 5.0 software upgrade for the scorer's computer; coaches' salaries and travel expenses; banquet budget; psyche party budget; provision for concession stand vouchers for home and visiting coaches for meets; an allotment for purchase of new Speedo training fins for the team; an aquathon budget; a determination on gift contribution to swimmers going to Nationals; a budget for discretionary funds for stationary, ink, printing, etc; inclusion of state meet fees in the cost of registration, with no increase in MMD registration fees; donation of funds to the cost of t-shirts for the team this upcoming season and the fee for Skowhegan t-shirts.

It was also noted at the meeting: the checkbook will be kept by the president, vice president & treasurer at the request of the treasurer; protocol for logging funds out of concessions and the meet sales table was established. It was noted that there has been food requested at the concession stand by a few parents who promise to pay later. No food may be credited at the concession stand. There are little means of recouping monies on food already consumed. MMD parents, family members, swimmers, timers, and officials need to pay for their food.

When the meet is over and the concession stand crew are cleaning the kitchen and have leftovers to give away, then anyone may line up for freebies from perishables the crew cannot put away for a future meet.

Concession stand profits are a huge fundraiser for the team. Because of the hardwork of the concession stand volunteers and all those that make and bring food in to the stand to be sold, we are able to buy Speedo fins for the team this year, afford our quality coaching and provide a wonderful swim experience to our swimmers, let's keep up the good work.

***Let's do it for the kids!***

# Outdoor Summer Fun Meet

**Where: Waterville Town Outdoor Pool**

(next to the Boys & Girls Club & YMCA, weather permitting.)

*In event of bad weather the meet will move indoors to the Boys & Girls Club & YMCA)*

**When: Saturday July 18th, 2009** (9:15am warm-up, 10:00am start)

**Entry Fee: \$5 per swimmer**

entries should include: swimmers' names, events and numbers & yard times  
with a check payable to: Mid-Maine Dolphins

**Submit entries to Tanya or Tess on or before July 10th.**

**Number of Events: swimmers may swim 2 individual events plus relays**

**Pool: 6 lanes, 25 METERS**

**Fun: 2 water slides will be open after the meet** (weather permitting)

This is a non-scoring meet, ribbons will not be given.

**Events:**

\*25 meter events are for 10 & under only

\*\*400m and 200m freestyle are for 11 & older only

- |     |                   |     |                |
|-----|-------------------|-----|----------------|
| 1.  | 100 med. relay    | 9.  | 200 free**     |
| 2.  | 200 med. relay    | 10. | 25 back*       |
| 3.  | 400 free**        | 11. | 50 back        |
| 4.  | 25 free*          | 12. | 25 breast*     |
| 5.  | 50 free           | 13. | 50 breast      |
| 6.  | 25 fly*           | 14. | 100 free       |
| 7.  | 50 fly            | 15. | 100 free relay |
| 8.  | 100 IM            | 16. | 200 free relay |
| 17. | 100 T-shirt relay |     |                |

(each team needs to bring 1 BIG white t-shirt for each of their relay teams. Each swimmer will swim one length of the pool and then pass the t-shirt to the next swimmer. Each swimmer must put on the t-shirt before they swim their length)