

# Dolphin News

Issue #1, Mar. 15, 2009  
MMD Dolphin Newsletter

## **Eight Weeks Off? Ouch!**

They call it Y summer swim team. I think of it as our same team starting again after an 8-week hiatus. Won't the kids want to be back in the pool after bouncing off the walls for eight weeks? Won't you want them back in the pool!?

### **Summer swim runs May through July**

Time slots are 4:00-5:00pm and 4:00-6:00pm.

Registration fees, payable to the Alford Center, depend upon number of days attending: 2, 3 or 5 days a week.

There is a team fee of \$20, payable to MMD, for all swimmers.

Informational fliers are available at the banquet, in the lobby and in the rack next to the MMD bulletin board in the pool room.

***Congratulations  
to  
Sergey Terrio  
Nationals Qualifier  
in the  
200 Butterfly***

## **Newsletters**

My intention is to create monthly newsletters, like this one, during the summer season and weekly newsletters, emailed each Monday, in the winter swim season. This will be the primary mode of communication for updates, reminders, meet information, warm-up schedules, etc. They will typically be 2 pages, this is longer because it has Y States & USA Champs summaries. Shorter in-season meet summaries will appear in newsletters. I'll endeavor to list each swimmer at least twice a season. All swims are important, whether it is making Nationals or completing your first 25 fly.

## **Swim Camp**

**July 13-17th 9am - 3pm**

Enjoy a swim camp, close to home. Swimmers, ages 9-17, are welcome to register. The experience will include dryland stretching, swim instruction and drills, videotaping and, weather permitting, outdoor pool training. Bring a bagged lunch and a good attitude. A lot of fun will be had.

## **It Takes a Village**

The March Board Meeting held election of officers. Our 2009-2010 officers are: Teresa Mahns (Tess) - President; Carrie Pregovisk - Vice President; Vicki Roy - Treasurer; Paul Roy - Assistant Treasurer; Lee Anne Larsen - Secretary.

Officers are just part of what it takes to make the team run. A slew of volunteers, taking on vital jobs, are needed to make MMD a great team for our children.

Positions below still need filling for the new season. Contact me if you are interested in learning more about any of them. I can be reached by email at:

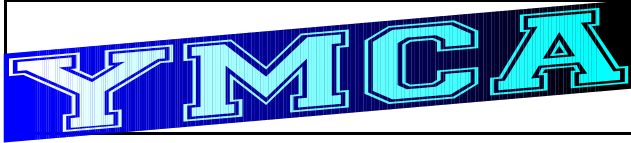
[TessMMFM@myfairpoint.net](mailto:TessMMFM@myfairpoint.net)

[Vacant Volunteer Postings:](#)  
team photography coordinator; meet announcer; publicity coordinator; bottle redemption coordinator; sponsorship coordinator; bronze group photographer; psyche party coordinator; meet coordinator; aquathon co-coordinator; 2 banquet assistants; yearbook coordinator.

When the positions are filled, I will post a complete volunteer list.

***I never did a day's work in my life. It was all fun.***

***-Thomas A. Edison***



## Y States

Brave & talented. That's how I'd describe the 14 girls that took center stage at UMO's pool Feb. 28th. Ranging in age from 5-8, they swam their hearts out in front of a couple of hundred spectators in a very big arena & did us proud.

**Clio Bazakas, Mackenzie Burton, Sierra Weston & Emily Larsen** led the day with a powerful 100 Med. relay that brought in MMD's 1st 32 pts. & a 3rd place finish. Way to go girls! **Clio** went on to swim 2 wonderful 25's, free & back. **Sojourn Bentley** continued her time-cutting quest with 2 strong 25s, free & breast. With little rest from her relay, **Mackenzie Burton** was back in the pool for a strong 25 breast that saw a new personal best (PB) & a 7 pt gain. Ever-recognizable in her little round pink goggles, 5 yr. old **Kaitlin Corson** swam a 25 free with gusto, exiting the pool with her trademark smile. **Emily Eaton** saw 2 new PB with a 3 sec. cut in her 25 fly & a 19 sec. cut in her 100 IM. **Julia Fortin** earned 2 PBs with cuts in both her 25 & 50 free. Good job Julia! **Elizabeth Hammond** swam 2 25s, fly & back for 2 new PBs. Good work, Elizabeth. **Emily Larsen** powered through a 50 free & 25 breast, setting 2 new PBs with 6 & 4 sec. cuts. **Hannah Liscord** quietly entered the water then tore it up as she backstroked her way to the finish of a 25 with a 5.2 sec. cut! Bravo Hannah. **Meghan McNeil** owned her 1st Y state champs with grace as she executed beautiful free & back swims. **Olivia Roy** had the great excitement of breaking the 1 min. mark on her 50 free, with an almost 3 sec. cut. Great swimming Olivia. **Sierra**

## USA Champs

March's Championships concluded the USA winter season. MMD finished in 7th place. Not bad considering we had 13 swimmers in attendance while our biggest competitors had between 30 and 97 swimmers.

Congratulations to **Kristen Prelgovisk, Lindsey Prelgovisk** and **Sergey Terrio** for making top 8 in the state; further congrats to **Kristy, Lindsey, Sergey, Alexa Williams, Emily Clark & Samantha Mathieu**, our USA Zone qualifiers.

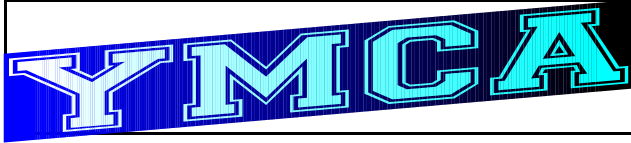
It was a marathon starting with the 1650 Thursday night. **Alexa Williams** owned the pool as she powered through an amazing swim, finishing two seconds off her best time to nab 2nd place with a time of 18:47.71. The swim qualified her for Zones and brought the team 26 points. Swam while she was quite sick with the flu, Medal of Valor to Alexa for muscling through what is a very tough swim - even when feeling well.

**Mary Erb**, brand-new to the 11-12 age group, held her own in her events where she dropped three seconds in the 100 IM bringing her seed position of 25th up to 15th place and a second in the 100 breast bringing her seeding of 31st up to 25th. Way to go Mary!

**Ciara Ferguson's** steady, determined focus brought her nine swims in the top 16, bringing in a whopping 69 points. Three swims (500 free, 200 back, 200 breast) were in the top 8 in the state in her age group and saw cuts of 5.4, 3.3 and 5.3 seconds, respectively.

Eight swims in three days had **Allison Fischang** seeing strong cuts on already good times in her 200 back, 50 breast and 50 free. Allison was a triple threat in the pool, being equally skilled in the breast, back and free.

From shaving 1/2 seconds to slicing and dicing 5



was a boon to the team bringing in 5 pts.

**Leah Shoulta** hit a PB in the 25 free then was back in the water for the free relay, accompanied by **Emily Eaton, Elizabeth Hammond & Hannah Liscord**. The girls hit a top 16, coming in 11th & bringing the team 12 pts. Those are our impressive 8 & under girls.

Not to be outdone the MMD 8 & under boys held their own. Nine young men & 11 PBs between them. **Jake Perkins, Kyle Burger-Roy, Jackson Walker, & Carter Jones** led the day with a strong free relay, placing 9th, & bringing in 18 pts. Not flinching at a bar set high, **Kyle Burger-Roy** was back in the water for a 25 back that blew away his old time with a whopping 9 sec. cut. **David Govoni** scored 2 PBs in his 25 free & breast & brought in 4 pts. Another 2 PBs were scored by **Carter Jones** when he hit the water for his 50 free & 25 back. **Gregory Kamra** tied for 11th in his 25 fly hauling in 5.5 pts. for MMD! **Daniel Malkowski's** 50 free was record strong with an 8 sec. drop & a new PB. Free or breast, **Ethan Nurick** can do it, a new PB & a 3 point win, prove the point. Quiet & steady **Jake Perkins** gets the job done, a new PB with a 2 sec. cut in his 25 free tells the story. **Jackson Walker** doesn't just represent in relays, he showed his own when he took to the pool for his indiv. 25 free & earned a new PB. **Jacob Witham** closed the morning bringing in 7.5 pts. in his 25 & 50 free with two 13th place finishes. Great job, boys.

In our largest swim group, 9-10 girls, seventeen young ladies took to the water to show the state what MMD is made of. **Sierra Hopkins, Elizabeth Larsen, Mary Erb &**

second increments, **Kristen Prelgovisk** further sharpened her skill set and lengthened her competitive lead in the pool bringing in 6 first place, 2 second place and 1 third place finish. A force with which to be reckoned, Kristy tore up the pool, making top 8, Zones and bringing in 170 points!

Cutting times almost across the board, making prelims and finals in every event, **Samantha Mathieu** put forth tremendous swims that all landed in the top 16, with four in the top 8. 104 points later MMD was on its way, *thanks Sammy!*

Determination, grit, and talent saw **Lindsey Prelgovisk** dominate. From prelims to every final round, her powerful swims eclipsed her competitors. Six swim, not just in the top 8 but all in the top 4, highlighted her meet as did an amazing 200 free that broke the 2 minute mark with a time of 1:58.48.

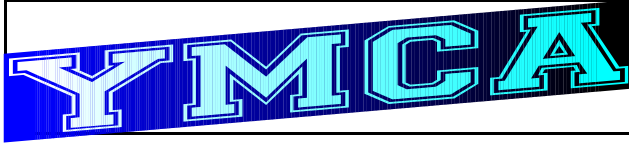
**Amanda Joy** will be weighed down at the banquet this week with 6 heavy medals around her neck! It is wonderful to qualify for Champs but to take all your prelim swims to finals is a great accomplishment, Amanda did just that. And every final swim finished in the top 8. Well done, Amanda.

**Brendan Mahns** began his meet with the 1650 where he held 35 second laps (impressive, as that was his 500 free pace & he held it for the entire 1650). This brought a 41 second drop in time and a 6th place, top 8, finish. Two days later he cut his 500 pace to 34s; slicing 9 seconds off his 500 time; finishing with four swims in the top 16 and one in the top 8.

Not to be outdone by our age group swimmers, our seniors distinguished themselves in the water.

**Emily Clark**, ever-cheerful and supportive of her teammates, even while recovering from the flu herself, brought in six top 16 swims, three in the top 8. A huge 89 points later Emily was able to put her feet up and recoup.

**Caleb Hoffman** flew through the 100 fly prelim,



**Sophia Libby** set the tone with a powerful 200 Med. relay that took 2nd & brought in 34 pts. Yes, the Dolphin girls were here to make a statement. **Kathryn Bernier** was up to the challenge, hitting 2 PBs in 50's, free & back. Personal bests (PBs) were the buzz words of the day, as time & again our swimmers tore down their own records. **Mikayla Carr** followed suit with a strong 50 free & new PB. **Bryanna Fisher** tackled a 100 free setting a PB with a mighty swim. **Tiffany Fletcher** got the job done in both her 100 IM & 50 breast, setting 2 new PBs. **Jessica Greeley** brought home the pts. in both her IM & breast, setting MMD 7 pts. higher on the scoreboard. Not to be outdone, **Sierra Hopkins** jumped in for the IM & 50 breast as well, landing swims in 8th & 3rd, adding 27 pts. to the MMD coffers. **Olivia Jones** improved an already strong 50 free with a new PB. **Marissa Kinney** did the same with a 4 sec. cut in her 50 free. **Elizabeth Larsen** drove through the water on her 100 free for a 14th place finish amidst very tough competition. **Sophia Libby** took on the 50 free & 50 back challenge, holding her own against swimmers from 16 other teams. Two new PBs for **Katelyn Lovejoy** with impressive 3 & 18 sec. cuts in her 50's, free & breast, good job Katelyn! Eating, sleeping & breathing fly, **Zoe Perkins** took to the water at UMO. A new PB in her 100 IM & a 7 sec. cut in her 50 fly, proved all the hard work worthwhile. In a relay or individual event, **Emily Roy** give 100%, her new PB in her 50 fly & powerful relay work prove the point. **Kaylyn Trussell** set a new PB in her 50 breast with an impressive 4 sec. cut, keep up the good work, Kaylyn. **Hannah Walker** hit huge

a powerful swim that moved him up 13 positions from his seed. His raw energy left other swimmers behind as he tore through the 200 breast in the championship finals, earning him a five second drop and top 8 finish.

One minute is a significant mark in swimming. Most look to break a minute on important swims, shaving fractions of seconds here and there. Thursday night one minute meant something quite different to **Nico Schultz** as he dropped over one minute from his 1650 seed, proving Nico a formidable force in the pool. His 100 back saw him transform a 19th place seeding into a strong 8th place championship finish, with a 2.3 second drop that broke the minute on the 100 back.

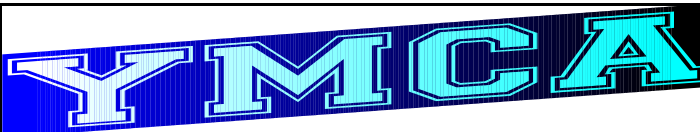
Three new personal bests, 143 points, six top 8 swims, Zones qualified were just some of the highlights of **Sergey Terrio's** USA Championship weekend. After a long high school, Y and USA swim season combined Sergey came into Champs to claim a stake in the top ranks of Maine swimmers. With a modest smile and determined soul he dominated his swims and came away successful.

It wasn't all blood, sweat and tears, our swimmers (and coaches) also had fun at Champs. This year a memorable moment was the 400 free relay. Coach **Tim Lecrone** joined our sr. men's swimmers: Caleb, Nico and Sergey in a relay. All four laid down great times, well under a minute; but guys, *I guess the "old man's" still got it!* Tim's 50.27 100 free was the fastest relay length. *Fun times.*

## Upcoming Meets

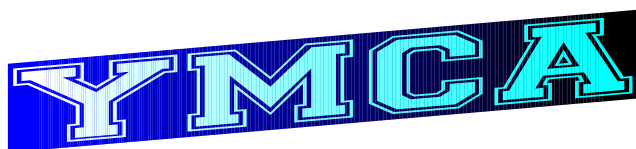
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it is still to be determined which meets MMD will attend)

**June 6** June Bug Jubilee, Husson College  
**June 20** Sprint Meet, LRSC  
**July 23-26** MSI Championships, Canada



milestone with a 10 sec. drop in her 50 free that broke the minute mark, a 15 sec. cut in her 100 free that broke the 2 minute mark & a 4 sec. drop in her 50 back. **Ellie Warger** took to the water with quiet grace & swam a beautiful 50 free, earning her a new PB. **Hope Winkin** had a 3-hit day with cuts in 3 50s, free, back & breast and broke the min. mark on the breast. **Zoe Perkins, Jessica Greeley, Emily Roy & Mikayla Carr** finished with a 9th place 200 free relay & 18 pts. Eight 9-10 boys pulled in 147 pts. for our team. They did it with hard work & determination. **John Reisert, Ben Hatch, Zoli Nagy & Conor Ferguson** swam an energetic 7th place 200 free relay, earning 22 pts. **Conor** was back in the water for the 100 IM in which he applied his skill for a new PB. **Ben Hatch** was back in the pool, for a 50 back that saw a 2 sec. cut & new PB. **Tristan Hood** made the free his own with 2 PB in the 50 & 100 free & cuts of 3 & 7 sec. **Isaac Hooper's** 50's in the free & back shattered both his old times & brought 3 pts. to the team. **Andrew Todd** swam a great 50 free, sharp & smooth, while also setting a new PB. **Zoli Nagy** tore 6.5 sec. off his 100 IM time & 3 sec. off his 50 breast time for 2 new PBs. **John Reisert** wasn't far behind with a 6.5 sec. cut in his 100 IM & 2 sec. cut in his 50 free. While **Ben Thibert** had 2 huge swims with the 100 IM & 100 free, cutting times in both & bringing in a whopping 25 pts. Ten girls & 22 best times. Yardage, drills, sets, it all paid off for the 11-12 MMD girls. **Amber Sutherland, Hannah Allen, Kayla Redman & Bethany Winkin** cut 13 sec. off their seed & pulled 8 pts. with a stellar Med. relay. **Hannah** worked the same slash & dash on her indiv. 50 fly & breast. Good job, Hannah. **Chelsea Cayer** pulled impressive PBs in her 50 & 100 frees. **Faith Forsythe's** determination pushed her to a stellar 9th place 100 IM with a cut time of 7 sec. & 9 pts. garnered. **Megan Hooper's** diligence & hard work brought forth 3 cut times & new PBs in

her IM, fly & 100 free. Focused, **Simone Livshits** dove into her swims, pulling a PB in the 100 free. **Kayla Redman** knocked her 100 & 200 frees out of the park with time cuts of 15 & 5 sec. A season of industry & perseverance brought **Margaret Reisert** 3 PB in the 100IM, 50 fly & 100 free. **Amber Sutherland** sliced her times at States, earning 2 PB in the 50s fly & back. **Bethany Winkin's** 5 sec. cut in the 100 IM was a great swim eclipsed only by her breaking the 40 sec. mark in her 50 fly two events later. **Sarah Wolman's** 50 breast saw a strong swim with a 2.4 sec. cut & powerful pulls. The girls finished with a final relay of **Allison Fischang, Faith Forsythe, Ciara Ferguson & Kristen Pregovisk** in command of the pool, landing a 1st place finish & 40 pts. for MMD. Our 11-12 boys started strong & held the pace. The 200 Med. relay of **Emmett deMaynadier, Michael Dempski, Brandon Smith & Adam Zarfos** tore up the pool with a 3rd place finish & 32 pts. earned. **Ben Wehry, Keenan Golden, Jackson Eaton & Sam Wehry** then garnered another 24 pts. for the team with their fast-paced 200 free relay. **Emmett** scored a PB in the 200 free & brought in 3 indiv. pts. **Michael Dempski** was quickly back in the water for the 50 breast & also brought in 3 indiv. pts. **Jackson Eaton** continued his free run with powerful indiv. 50 & 100 free swims. **Matheson Dempski** lent his skill to the team effort with indiv. 50s free & back swims, maintaining already strong times. **Keenan Golden** garnered 2 PB & 3 pts. with a 6 sec. drop in his 100 IM & an energetic 50 free. **Ben Misner** pulled 3 PBs with drops of 3,10 & 8 sec. in his 50 free, 100 free & 50 breast. **Brandon Smith** gained 23 pts. with great 100 IM & 100 free swims, placing 7th & 8th. **Ben Wehry** added pts. with a powerful 100 IM swim while **Sam Wehry** pulled a PB in the 50 breast. **Adam Zarfos' 50's** free & breast gained 8 pts. for MMD & 2 PBs. Job well done. **Lindsey Pregovisk, Samantha Mathieu, Erzsebet Nagy & Amanda Joy** set the pace for the 13-14 girls with a spectacular 200 Med. relay that took 1st & brought 40 pts. **Erzsi** went on to score an indiv. 13 pts. with fierce 100s in fly & free. Eleven pts. were won with



**Brianna Bernier's** mighty 50 free & 100 back. **Kelsey Bolduc** executed a well-paced 200 free seeing a 4 sec. cut & new PB. Twelve pts. made the board thanks to **Samantha Briggs'** strong 200 IM & 100 breast. Triple cuts for **Treva deMaynadier** in the 50, 100 & 200 free! **Mia Fairman's** free & back swims proved hard work's rewards with great times & placements. **Abigail Glover** hit her stride with 1 & 4 sec. cuts in both her 50 free & 100 breast. **Kaileigh Lenentine** reaped the benefits of hard work with 3 new PBs in the 50 & 100 free & 100 back. Bam!, another 7 pts. for MMD when **Clare McKelway** took to the pool for the free & another 7 sec. cut in her 200. **Julia Pershken** garnered 4 pts. & 2 PBs in the free, breaking the 30 sec. mark on her 50! **Kenya Whitehead's** 200 IM & 100s in fly & breast won 2 PBs & 9 pts. for MMD. **Katherine Wight's** free runs saw 2 PBs & showed the rewards hard work in the pool can reap. **Clare McKelway, Kelsey Bolduc, Samantha Briggs & Brianna Bernier** swam a beautiful 200 free relay taking 1st place & bringing in another 40 pts.

**Lucas Principato, Adrian Rivas, Chris Crockett & Griffin Davis** began the 13-14 boys' session with 4th place in the 200 Med. relay, contributing 30 pts. **Arthur Conover**, sidelined this season for weeks with a broken leg, was back in the game big time with 2 PBs, 20 indiv. pts., & 4 & 3 sec. cuts in the 100 fly & back. **Mitchell Cooper** contributed a huge 26 pts. to the board & took home a 100 free PB. **Chris Crockett** had a red-letter day with PBs in the 50 free & 100 breast. **Griffin Davis** added to a great season of cuts with a strong 100 breast & new PB. **Ty Guerin** was rewarded for his season of hard work with 2 new PBs in 100s free & back. **Lucas Principato's** swims earned 10 pts. with strong 50 free & 100 back swims. **Adrian Rivas** breaststroked his way to 7 indiv. pts. & a 50 free PB. **Sam Zarfos** amassed 22 indiv. pts. for MMD & a 200 IM PB. **Arthur Conover, Sam Zarfos, Brendan Mahns & Mitchell Cooper** peeled 4 sec. off their 200 free relay time, taking 2nd place & 34 pts. for MMD.

Senior girls took center stage Sunday morning with **Sarah Crockett's** strong 100's, free & breast. **Jamie Herard** gathered 7 pts. for the team with robust 200 & 500 frees. **Kaeli Hood** scooped up 24 pts. & a PB with her 200 IM, 50 free & 100 back. **Brooke Johnson** raked in another 13 indiv. pts. for MMD & 2 PB with beautiful 100s in fly & breast. **Lindsey Workman** added to the MMD total with a powerful 100 fly. The senior boys started off with a tremendous 200 Med. relay by **Nico Schultz, Caleb Hoffman, Sergey Terrio & Matt Twist** that took 2nd place & brought home 34 pts.. **Will Hoffman** was in the water for 2 great PBs with a grand 13 sec. cut in his 200 IM. **Cody Lachance** tore up his old time in the 200 free with a 13 sec. cut & new PB while also bringing in 9 pts. in his 500 free. **William (Billy) Price** grabbed 2 PBs with strong 200 & 500 free swims. **Matt Twist** added 12 pts. to the scoreboard for MMD with 2 PB swims in the 100s free & back. **Griffin Davis** aged-up to swim with the seniors in the closing 200 free relay team of **Davis, Will Hoffman, Billy Price & Cody Lachance**. The relay took 8th & gained 22 pts. for the Dolphins.

When all was said & done MMD finished a mighty 4th in the state with 1,194.5 pts.

***Good job swimmers!***

## Upcoming Meets

(Summer plans are still being laid, it is still to be determined which meets MMD will attend)

**Mar. 20-22:** New Englands, Boston

**June TBA:** BGRY Invitational, Bangor

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