

Dolphin News

Issue #15, Mar. 15, 2010

States Results

Congratulations Dolphins on a tremendous showing at States!

YMCA States Points:

8 & U girls:	17 girls:	187 pts.
8 & U boys:	5 boys:	98 pts.
9-10 girls:	18 girls:	96 pts.
9-10 boys:	12 boys:	192 pts.
11-12 girls:	15 girls:	173.5 pts.
11-12 boys:	9 boys:	133 pts.
13-14 girls:	16 girls:	205 pts.
13-14 boys:	9 boys:	303.5 pts.
Sr. girls:	13 girls:	311 pts.
Sr. boys:	9 boys:	233 pts.

13-14 boys: 1st place high pt. group total at the meet.

Final Standings:

1. LRSC	3210.0
2. MMD	1932.0
3. DEFY	1686.5
4. CCSC	1683.0
5. MDI	1647.5
6. PTSC	1508.5
7. TCST	1389.0
8. PenBay	1385.0
9. Casco Bay	1377.5
10. BYB	1284.0
11. SYT	1214.5
12. WCY	1060.5
13. NYCY	1054.0
14. KVV	450.0
15. PRY	332.0
16. BBY	283.0

Applebee's

This Sunday, March 21st join us at **Applebee's**, **8am-10am**, for our annual pancake breakfast fundraiser!! The breakfast is a lot of fun for those that attend & those that work it. If working the breakfast, please arrive at 7:30am.

Coach's Award

Coach David Turnage was chosen 2009-2010 YMCA Coach of the Year. This honor is awarded to a coach who's shown outstanding support & dedication to swimming in Maine. Congratulations David!

Nationals

Congratulations to **Sergey Terrio** for making Nationals in the 100 fly, 200 fly & 400 IM. Terrio will attend Y Nationals in Florida Apr. 7th-10th. Not since 2006 have the Dolphins had a swimmer attend Nationals. It is a tremendous accomplishment. Next year, if the team keeps up this dynamic move toward excellence, it looks as though Mr. Terrio will have a company in Florida, as currently there are another five or so Dolphins very close to national qualifiers. *We wish Sergey the very best of luck on what will surely be a wonderful moment in time.*

Zones Bound

Congrats to our swimmers who, based on high standings at Champs, qualified for Zones in New York, April 1 - 3:

Emily Clark
Arthur Conover
Caleb Hoffman
Samantha Mathieu
Kristen Prelgovisk
Lindsey Prelgovisk
Nico Schultz
Sergey Terrio

& best of luck to our swimmers going to Zones to represent the Dolphins:

Kristen Prelgovisk & Alexa Williams.

Banquet

Juggling Zones, Nationals & April vacation, it was difficult to find a date that suited 'the many' & also had the gyms available for booking. We've secured a date & time: **April 11th 5:00pm**. You can anticipate it running 2 1/2-3 hours. It will be a wonderfully festive occasion with much to celebrate. The team did sensationally this season & there will be many trophies, medals & ribbons to distribute as well as an end-of-season video of the swimmers & dessert buffet. So mark your calendars for April 11th! Those wishing to help set up please come at 3:30, *many hands make light work.*

New Englands

Mar. 12-14th Harvard U. hosted the Y N.E. Championships. Due to conflicting dates between USA Champs & Y N.E.'s, only one MMD'er was able to represent the Dolphins. **Emmett deMaynadier**, 12, took to the blocks & made us proud. After finishing just 4/10ths of a second out of contention in the 100 free, he faced down the waters in his 200 free to take a mighty 8th, scoring 11 points for the Dolphins. Medaling, Emmett finished the session with enough points to land the Dolphins ahead of nine other teams! *Way to go Emmett & congratulations on a great trip to Harvard!*



YMCA States

Mar. 6th 123 Dolphins descended upon the UMO pool, intent on glory; Mar. 7th they left in victory. Beginning the weekend, the 8 & U girls 100 free relay of **J. Fortin, A. Kochaver, M. Veilleux, & L. Shoulta** put up 60 pts with a great swim. **Amber Kochaver, 8**, went on to add 12 indiv. pts to the leaderboard with strong 25 free & back swims. **Edin Sisson, 8**, took on the 25 breast for a FTE (first time ever) swim then went on to cut times in the 25 back & 50 free for 2 PB (personal best) times. **Cloe Sisson, 6**, one of our youngest Dolphins braved the waters for her 1st Y Champs taking on a FTE 25 back setting a great time of 27.61 **Martin Guarnieri, 8**, added 15 indiv. pts to the tally for the Dolphins with strong 25s in the back & breast & a PB in the 25 breast. Fifty-six pts came our way from the 8 & U boys 100 free relay team of: **A. Livshits, C. Jones, J. Witham & J. Perkins.** **Adam Livshits, 8**, went on to score 2 PBs in the 25 & 50 free. **Carter Jones, 8**, went on to land 2 PBs in the 25's free & breast. **Hope Winkin, 10**, cut nearly 3 sec. off her 50 breast for a PB & strong finish. **Sierra Weston, 9**, landed 2 PB times in the 50's fly & breast & brought in 6 indiv. pts. **Katie Cobb, 9**, continuing to cut her times, landed 2 PBs in the 50 & 100 free. **Kristina Plante, 9**, cut 4.34 sec. off her 50 back for a PB of 51.07. Congrats. Kristina. **Kirstie Rogers, 9**, showing diversity swimming 3 strokes in her 1st States, took on the free, fly &

backstrokes with grace. Her older sister, **Faith Rogers, 10**, also swimming her 1st Championship meet met the challenge tackling all 4 strokes with an IM, 50 back & 50 breast. Well done girls! **Dayna Plourde, 10**, had an outstanding 5.79 sec. cut in her 50 free for a PB of 48.67. **Arnold Maroney, 9**, had a great meet with 2 PBs in the 100 IM & 50 back, breaking the min. mark in the back with 58.14. **Daniel Malkowski, 9**, took a whopping 12.45 sec. off his 100 free for a new PB of 2:18.20. **Spencer Jones, 10**, had impressive cuts in the 100 IM & 50 breast for 2 PBs. **Andrew Todd, 10**, ripped 5.41 sec. off his 100 free for a new PB of 1:30.65 & 5 indiv. pts then joined teammates **V. Guarnieri, E. Principato & G. Kamra** for the 9-10 boys 200 free relay pulling in 36 team pts. **Eli Principato, 10**, went on to score 2 PBs in his indiv. 100 IM & 50 back. **Keenan Golden, 12**, swam a powerful 100 free for a PB of 1:12.80 & 5 indiv. pts as well as a 50 breast PB. **Alex Bevier, 11**, cut a huge 13.03 sec. from his 100 IM for a PB & technically beautiful swim. **Ben Hatch, 11**, deftly handled the 50 back, 50 free & 100 free with skill and speed. Landing just 1/2 sec. out of contention in his back, Hatch is sure to storm the top of his age group next season with his powerful strokes. **Tiffany Fletcher, 11**, scoring 3 for 3, swam all PBs in the 50 free, 100 free & 50 back, tearing 10 sec. from her 100 free. **Marissa Kinney, 11**, did an outstanding job breaking the 40 sec. mark in her 50 free with a PB of 39.19.

Kinney went on to slash her 100 free by 8.75 sec. for a 2nd PB. **Katie Bernier, 11**, brought home 3 PBs with dynamic swims in the 50 & 100 free & 50 back. **Katelyn Lovejoy, 11**, hit her stride grabbing 3 PBs & breaking the min. mark in the 50 breast with 59.47. **Mia Fairman, Katherine Wight, Treva deMaynadier & Sarah Wolman** triumphed in the 13-14 girls 200 medley relay bringing in 48 team pts. Individually, **Fairman, 14**, went on for a 50 free PB of 30.52; **Wight, 14**, landed 2 PBs in the 200 IM & 100 breast; **deMaynadier, 14**, broke the 30 sec. mark for a PB 50 free of 29.32 & **Wolman, 13**, brought home 2 PBs in the 50 & 100 free. **Bethany Winkin, 13**, cut a cumulative 10.96 from her swims for PBs in the 50 & 100 free & 100 back. Powerful swims saw **MacKenzie Anderson, 13**, score PBs in both the 50 free & 100 breast. **Macy Mansir, 13**, slashed 22.19 sec. off her 100 breast to break the 2 min. mark with a PB of 1:52.65. Mansir went on to score 2 more impressive PBs in the 50 & 100 free. **Amber Sutherland, 13**, took her swimming to a new level cutting 5.86 sec. off her 50 free, 22.57 sec. off her 100 free & 1.37 off her 100 back for 3 PBs. **Clare McKelway, 15**, brought 8 indiv. pts to the team & showed her skill & endurance with PBs in the distance swims 200 & 500 free. **Brooke Johnson, 17**, one of our graduating seniors, shared her last Y State Championships with us. In her 400 yards (200 IM, 100 fly & 100 breast) we saw the spirit of MMD, proud, strong, competitive.

USA

Winter Champs

Bowdoin College hosted Champs, Mar 11-14th with 23 Dolphins in attendance. **Mackenzie Burton**, 9, represented our 10 & U's very well with 2 PBs in the 100 IM & 100 breast bringing in 17 indiv. pts. Well swum, Mackenzie. Our 4 attending 11-12 girls led 2 relays. The 200 free relay of **J. Greeley, S. Hopkins, E. Larsen & M. Erb** took 6th place for 44 pts at the top of the meet. The quartet met up later for the 200 medley relay with a line-up of **Greeley-Hopkins-Erb-Larsen** for a 3rd place finish & 54 pts. Great swimming girls. **Jessica Greeley**, 12, went on to earn an additional 22 pts & 5 PBs in indiv. events. **Sierra Hopkins**, 12, brought home 28 pts in her 5 PB swims adding to the MMD tally. Working hard all season to sharpen her breaststroke skills, **Elizabeth Larsen**, 12, reaped the benefits of her hard work. Attaining PBs in both the 50 & 100 breast, seeing 1 & 4.57 sec. cuts respectively. Congrats Liz! **Mary Erb**, 12, saw 4 indiv. swims land in the top 8 for 25 more pts in the kitty & 2 PB swims in the 50 breast & 100 free. Our five 13-14 girls represented well, achieving goals & making their mark. **Kristen Prelgovisk**, 13, brought home 107 indiv. pts in her 6 events with 4 PBs & every swim, prelim & final, in the top 8. Great job, Kristy. **Ciara Ferguson**, 13, handily added 54 indiv. pts to the leaderboard for MMD with 4 top 8 swims, 5 PBs & a dramatic 500 free cut from 5:54.02 seed to 5:42.08 final time. Well swum.

Hannah Allen's, 13, foray into USA Championship competitions this season has been quite a successful one. Tackling the difficult 200 breast Allen cut 10.43 sec. from seed for a competitive 3:03.33 final time. **Allison Fischang**, 13, also took on the mighty 200 breast swim scoring a PB in prelims then bettering that in finals for a top 16th finish of 3:00.72 & 5 pts. Fischang also saw a PB in the 100 back with a new time of 1:11.19. **Kenya Whitehead**, 14, undertook all 4 strokes with the 200 IM, 50 free & 100 back & triumphed with 2 PBs & formidable times. **Samantha Briggs**, 15, had a red-letter meet with strong PBs in both the 100 breast (1:18.13) & 50 free (27.27). **Amanda Joy**, 15, amassed 26 indiv. pts in the 200 free, 100 fly & grueling 200 fly. Joy also garnered 2 top 8 swims, 8 top 16 swims & 4 PB times. Kudos, Amanda. The talented 400 medley relay team of **L. Prelgovisk, E. Clark, A. Williams & S. Mathieu** proved their mettle with a 4:14.01 PB & a gain of 38 team pts. **Lindsey Prelgovisk** continued to achieve earning 90 indiv. pts, 2 PBs & 10 top 8 swims. **Samantha Mathieu**, 15, distinguished herself with 10 top 16 swims, 6 PBs & scooped up 29 indiv. pts for the team. **Emily Clark**, 16, showed her fierce determination as she gathered in 61 pts for MMD, 4 top 8 swims, 8 top 16 swims and 3 PBs. **Alexa Williams**, 16, proved she's got the goods as she landed 10 for 10 swims in the top 8, brought in 138 indiv. pts, banked 8 PB times & won top 8 in her age division.

Sam Zarfos, 15, made the leap to Sr. division this meet & more than held his own reaping 3 PBs in the 200 free, 200 IM & 200 breast. **Adrian Rivas**, 14, deposited 52 indiv. pts in the MMD coffers with 4 top 8 swims, 8 top 16 swims & a whopping 8 of 9 PB swims. **Arthur Conover**, 14, made his mark in the 13-14 boys grp winning top 8 with: 9 top 3 swims, 7 PBs & 138 indiv. pts. Conover joined the 200 free relay of **N. Schultz, A. Conover, S. Terrio & T. Lecrone** to help harvest 33 team pts. **Nico Schultz**, 16, continued to pack a wallop with 10 top 8 swims, 7 PBs & 96 indiv. pts before adding his energies to a 2nd sr. (200 medley) relay of **N. Schultz, C. Hoffman, S. Terrio & T. Lecrone**, collecting 38 team pts. Beyond his mighty contributions to 2 sr. relays with 50 free anchor laps of 23.03 & 22.97, Coach **Tim Lecrone**, 37, competed in the indiv. 50 free with masterful execution for an impressive time of 23.15 & 12.5 indiv. pts. Good job Tim! **Caleb Hoffman**, 18, brought home 38 indiv. pts in a powerful 100 breast & 100 free while also scoring 4 top 8 swims & 3 PB times. **Sergey Terrio**, 16, having been laid low earlier this season with illness was back with a vengeance taking 3 1st place swims, 6 2nd place, 1 3rd place & 1 4th place in addition to his participation in two sr. relays. Terrio won 2nd place in the men's sr. division as well as 10 PB times and 137 points for the Mid-Maine Dolphins. Congratulations to our USA swimmers on a job more than well done.

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
Apr. 1-3	USA	Zones (qualifying times)	Webster, NY
Apr. 7-10	YMCA	National Championships	Ft. Lauderdale, FL
Apr. 11	YMCA	MMD end-of-season banquet	MMD, Waterville



March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 YMCA STATES
7 YMCA STATES	8	9	10	11 USA CHAMPS	12 USA CHAMPS YMCA N.E's	13 USA CHAMPS YMCA N.E's
14 USA CHAMPS YMCA N.E's	15	16	17	18	19	20
21 Applebee's 8-10am	22	23	24	25	26	27
28	29	30	31			

