

Dolphin News

Issue #3, May 1, 2009
MMD Dolphin Newsletter

MMD Summer swim starts Tuesday, hurry up and register!

Heard About Camp Tracy?

There are so many opportunities to keep your swimmers active this summer, on land and in the water. McGrath Pond in Oakland is the site of the Alfond Center's annual Camp Tracy, central Maine's premier outdoor adventure. While the camp itself isn't affiliated with the Dolphin team, it is a fun adventure camp that many dolphins and area children enjoy with archery, canoeing, swimming, high & low ropes course, 55' climbing wall, nature studies, outdoor games, arts & crafts, drama, overnight camping and campfire programs. More info. is available at the Alfond front desk.

Camp Sessions:

Session 1: June 22 - July 3
Session 2: July 6 - July 17
Session 3: July 20 - July 31
Session 4: Aug. 3 - Aug. 14
Session 5: Aug. 17 - Aug. 21
Cost: \$235/two week session

Don't Miss Swim Camp Information for UNH, Colby, UMO & Bates on page 3!

Camps fill quickly! UNH filled up in April last year. Next season I will have camp info out earlier, but if you're interested this year, go to p. 3, pick a camp, go online & get the registration form today.

Coaches Make Request of Every MMD Family

It would be *greatly* appreciated if every swim family could drop me a note and let me know, yes or no, if your swimmer(s) will be returning in the fall. The coaches are working on placing swimmers in swim groups appropriate to their skill level. To do this they need a head count to prevent lanes from being too crowded. So, please drop me a line and I will make a list for the coaches of returning and non-returning swimmers. Thanks so much! Tess

Parent Board Meeting Notice

A parent board meeting will be held Wed., May 13th @ 5pm in the upstairs boardroom. Robert's Rules of Order, Bylaws, finances, upcoming expenditures, & other items will be on the agenda. Dolphin parents & guardians are encouraged to attend.

Farewell Graduates

Erin Fay, Jamie Herard Carin King & Stephanie Uecker are graduating H.S. & the Dolphins. We'll miss you. You brought smiles, cheer, team spirit & camaraderie to the team. *We wish you all the best.*

Help Wanted

Looking for a volunteer with experience making slide shows with music. Other volunteers will take pix all season, then I'll put them on discs by swim group. You'd make a slide show representative of every swim group, set it to music & burn it on a disc to show at our end-of-season banquet. We'll take orders from folks who would like to purchase a disc. Are you creative? Have some time & ability to create a presentation? If so, contact Tess.

"If you find yourself in a hole, stop digging."

-Will Rogers



Thank You

Many hands make light work. The saying can't be more true than when talking about how many are needed to make this team run. We want to extend a great thank you to all those that worked so hard this 2008-2009 season.

Thank you to our coaches for their tireless cheer, hard work & effort on behalf of the swimmers. A special thank you and farewell to Coach **Jamie Turnage**, who will be leaving us. It was wonderful having you poolside, we'll miss you but wish you and Nick much happiness in your marriage and new adventures.

Much appreciation to our meet staff, all the officials, timers, computer persons, concession workers and salespeople, who made the meets run. An extra note of gratitude to **Jeff & Anne Uecker** for eight years of dedicated hard work on behalf of the Mid-Maine Dolphins. Thank you so much for the hours and hours officiating, timing, coordinating, serving as officer, computer guru, donating to concessions, coordinating bottle drives and more. Words can't express our gratitude.

Thank you to our officers, coordinators and assistant coordinators for all the extra hours helping to organize team activities. And thank you to all our parents who pitched in when and where they saw a need, making sandwiches, baking, chauffeuring, serving pizza, setting up and taking down meet chairs, and cheering and supporting our swimmers; many hands indeed.

Upcoming Meets

(It is still to be determined which meets MMD will attend)

- June TBA:** BGRY Invitational, Bangor
- June TBA:** Maine Games, Waterville
- July 18:** Summer Fun Meet, Waterville

Vote for Olympic Legend

If you go to the following link, you can vote for your choice of Olympic legend swimmer to appear on the USA swimming's 2010 athlete membership card.

Choices are: Mike Barrowman, David Berkoff, Josh Davis, Tom Dolan, Rowdy Gaines, Gary Hall Jr., Tom Jager, Pablo Morales, Jeff Rouse and Mel Stewart.

<http://www.usaswimming.org/usasweb/DesktopDefault.aspx>

Swimposium

The Alford Center & YMCA was chosen to host **Olympian Eric Shanteau** & the MSI Swimposium this past Saturday. The event was a huge success. Swimmers raved about Shanteau's easy and accessible coaching style and learned a great deal through his technique drills and games. A dozen Dolphin swimmers were among the nearly 75 swimmers who availed themselves of the opportunity to swim with the Olympian, and they had a blast. Adults attended clinics held at the same time. These talks were run by top folks in USA swimming. The officials' clinic reviewed an official's responsibilities and rules while also informing on the spirit of the position. The registrar's meeting covered crucial information and changing rules on how USA registrations must be run. The parents' meeting was a helpful reminder to seasoned parents and informative for those new to the sport with info on nutrition, hydration, parenting vs. coaching and how best to support your swimmer. Thank you to MSI for hosting and carrying the costs for the day. It was a wonderful opportunity.

Upcoming Meets

(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

Swim Camps

University of Orono

Ages 10 - those entering 12th grade

Swim Camp 1: June 21-25

Swim Camp 2: July 12-16

Diving Camp: July 12-16

Commuter: \$350 Overnight: \$420

exclusive camp limited to 80 participants.

For more info & registration form:

http://goblackbears.cstv.com/auto_pdf/p_photos/s_schools/main/sports/m-swim/auto_pdf/2009SwimmingDiving

Univ. of New Hampshire

Ages 10-18 August 2-6 (overnight camp)

UNH, Durham, NH

8:1 camper/instructor ratio. Meals & housing included. Swimmers are divided in 2 groups & guided through dry-land exercises, stroke & technique instruction, discussions on goal setting & nutrition, & fun evening activities. Each swimmer receives NIKE camp t-shirt & swim cap.

\$585/overnight

For more info & registration form:

<http://www.ussportscamps.com/brochure/camps/SWIM/SWXRNH.pdf>

MMD Swim Camp

Ages 9-17

July 13-17

9:00am - 3:00pm

\$150/day camp

Camp experience will include stroke techniques, starts & turns, dryland workouts, videotaping & nutritional discussions. Part of each day will be spent in fun, non-swimming activities. Goal setting skills will be discussed. Coaches will review videotaping with swimmers. Weather permitting there will also be outdoor pool training.

Bring a bag lunch and water bottle.

Coaches: David Turnage & Tim Lecrone

Colby

Ages 8-14/10-18

Technique Camp: June 22-26 (day camp; ages 8-14)

Elite Camp: June 29-July 3 (day camp; ages 10-18)

Technique Camp: is a day camp designed to teach fundamentals of competitive swimming. Focus will be on drill progressions for all strokes & turns. Dryland techniques & video sessions will also help improve swimmers' skill sets. 40 swimmer limit.

Elite Camp: is a day camp for top age group & H.S. swimmers. Sessions focus on stroke & turn technique and refinement, analysis of above & underwater video of each camper, dryland training and lectures on race strategy, goal setting, motivation, mental preparation and nutrition. Swimmers will receive a t-shirt & video of their swims.

The Paragon Swim Camp (PSC) at Colby has an energetic staff of collegiate coaches and swimmers dedicated to skill development and camper enjoyment with a 6:1 camper to staff ratio. There is also a certified athletic trainer on staff.

Technique Camp: \$350

Elite Camp: \$375

For more info and registration form:

http://www.colby.edu/administration_cs/special_programs/sports-camps.cfm

Bates

Ages 9-18

Session 1: June 21-26 (overnight or day)

Session 2: June 28-July 3 (overnight or day)

Session 3: July 6-9 (day only, an introductory camp)

Session I & II: 2 water sessions, group & indiv. instruction, dryland, nutritional info & guest lecturers. H.S. campers will learn about college recruiting, opportunities at Div. I, II, & III schools, creating a swimming resume & recruiting plan, & what college coaches want. Several NESCAC & IVY league coaches will lead training & technique. Overnight campers will be supervised by college counselors who stay in the dorms with the swimmers, supervise, attend meals with them & assist coaches during instruction. Session III is an introductory swim camp focused on personal instruction, technique & good times. Each camper attends lectures & training that revolve around swimming fundamentals.

Enrollment limited to:

60 campers/session I & II

25 campers session III

\$575/overnight

\$375/day camp (8am-5pm)

For more info and registration form:

<http://www.bateswimcamp.com>