

Dolphin News

Issue #9, Nov. 2, 2009

AQUATHON

16 days to go!!! **Nov. 18th & 19th** the MMD Aquathon will take place with 12 great prizes. Bring in \$200 or more & be entered in a raffle to win an **iPod Touch, valued at \$199!** Be *top earner* & not only will you get your name in the iPod raffle but you'll get first pick of the other 11 prizes. After the top earner has selected the next highest earner gets to choose & so on down until all prizes have been awarded. *Will you win?*

Prizes include: iPod Touch (value \$199), Alfond pool party (value \$125), Philips portable DVD player (value \$80), \$75 Wal-Mart gift card; Megatech Micro-Fly radio controlled Helicopter (\$60 value) donated by Granite Leisure Time, Oakland; \$50 Wal-Mart gift card; Men's Speedo Watch (\$30 value); \$25 iTunes gift card; \$20 Wal-Mart gift card; Mega Voice Megaphone (\$16 value) donated by Mid-Maine Marine & RV, Inc.; 2 Flagship Cinema passes (\$14 value) donated by Flagship Cinema, and 'Coach For a Day' (value: priceless) (within reason, create your own group's workout for a practice.)

Note Change

Updated meet schedule on page 4. Please note a deleted USA meet in Nov. and changes in some Jan. & Feb. dates.

Remember

The Aquathon is Nov. 18th & 19th during regular practice time. Swimmers must have someone to count their laps. Counters will use the pace clock or can bring a stopwatch to record times on a counter sheet. Every swimmer was given a pledge sheet in their registration folder. If you need another, there is a folder on the poolside table. The Aquathon is a mandatory fundraiser, if not swimming, you will be billed the minimum \$50 fee. *Swimmers will all receive participation gifts.*

Concessions

Sign-up sheets are on the bulletin board for our Nov. 14th meet. Each family is asked to bring food for concessions at each home meets. Please look over the needs list and sign up next to your swimmer's name. Bring what you can to help our concession fundraising.

Photo Fliers

Look in the black file boxes for your swimmer's folder. Inside are Margit Photography fliers for photo day. Bring your flier and a check on photo day.

Meet Sign-Ups

Nov. 14th meet signups are on the board. If your swimmer cannot attend, draw a line through their name so the coaches know! If they can attend, swimmers should select 3 events they'd like to swim and number them 1,2,& 3, based on 1st to 3rd choice. Coaches cannot promise swimmers will get all 3 choices but they try their best to make sure they get at least two. Sometimes for relays some choices must be bumped.

Photo Day

Individual photos will start at **10am sharp, Nov. 14th** on the pool deck. T-shirt pick-up at 10:45 in the gym. Team photo is 11am in the gym. Our home meet warm-up will follow at noon. Bring meet gear & swimsuit. Be prompt, it will take time to hand out all the shirts and get photos taken, we have almost 160 swimmers. **Photo order fliers are in your swim folder bring them with a check Nov. 14th at 10am.**

Thank You

Thank you to those who donated money toward our team shirts. Due to your generosity each swimmer will receive a shirt. With much gratitude we acknowledge: **Dr. Gary & Mary Denise Ferguson**, D.M.D.; **Dr. Chuck & Tanya Terrio** D.M.D; **Frank & Jackie Pregovisk**, Mid-Maine Marine; **Perry, Fitts, Boulette and Fitton**, CPAs, P.A.; **Shelley Wehry**, Snow Pond Realty; **Mark & Lee Anne Larsen**, Larsen's Jewelry; **Drs. Jeff & Linda Fay; Tom & Betty-Ann Davis**, Are You Ready to Party.

Appreciation

A tremendous thank you to the folks that gave their time to do diagnostics & repairs on our pool equipment. We greatly appreciate the efforts of:

Carrie Pregovisk, Paul Roy, Mark Larsen, Coach David, Tanya Terrio, Denise Joy, Ronald Schultz, Chuck Terrio, Aaron Green & Liz Larsen.

Without your efforts to make our system operational home meets would not happen this year.

Without the Alford Center support & willingness to replace our old equipment, our best efforts would have been for naught. Thank you very much to the **Alford Board of Directors, Jan & Whitney King, Ken Walsh & Chuck Karter** for all your support.



Meet Results: We have a team of about 158 swimmers this season. I will make my best effort to mention each swimmer, that participates in meets, a minimum of once this season in a meet result column.

Intrasquad Meet

October 19th MMD held a Gold & Gold Plus Intrasquad meet @ home. Thirty-five of our swimmers participated in this season opener, ready to get back in the meet groove.

While a summer off impacted some swims that were a bit high in times, others were able to shave time here and there. The highlight of the night belonged to **Sam Zarfos** when he broke the minute mark for the first time in the 100 free with a big five second cut and a powerful finish of 59.63. Great swim, Sam.

As the season progresses, if your swimmer has a great swim, an important personal time they hit, if they finished their first meet ever, earned a record or completed their first 25 yd. swim without a DQ, it is important.

Drop me an email and let me know. I'll try to include it in the next newsletter if space allows.

I will be seeing a lot of swims, if it is important to your swimmer, I don't want to miss recognizing it in the newsletter.

Meet Info.

YMCA swim meets are usually on Saturdays, USA meets on Sundays. The team handbook gives greater detail on Y & USA meets but a meet schedule will be posted at our website, on the bulletin board & attached to this newsletter.

Sometimes there are changes or a cancellation. Look online, on the bulletin board or (if there is enough lead time) in the newsletter for changes. A calendar will accompany each newsletter, print it off to track "swimming to do's". Home meets, at our Y, require many hands. There will be sign-up sheets on the board, please read the board additionally our Meet & Volunteer Coordinator Mary Denise Ferguson, may be in touch with you to ask for help.

Meets can run hours, pack a lunch pail for your swimmer with water and healthy snacks. For away meets, you arrange your own transportation. Please make sure you are there early enough for your swimmer to check in, change and warm-up.

If you cannot make a meet, call the coach. Your swimmer may be in a relay, others may be depending on them to be there. The coach will need time to make other arrangements.

USA

Haunted Hat

Oct. 25th MMD's USA swimmers competed at Husson College's Haunted Hat meet.

From ages 6 to 16 our swimmers made their mark!

Kaitlin Corson (6) swam a fierce 25 free smashing her seed time of 44.82 with a PB (personal best) time of 30.90. Kaitlin was back in the water for the 25 back taking 11 seconds off her old time for a new PB of 30.95. She then tackled and won a clean, beautiful 25 breast establishing a first time of 42.53. Way to show 'em how it's done, Kaitlin.

Mackenzie Burton (9) wasted no time getting down to business at the Haunted Hat. She was there to tear down old times and set new ones & she did just that, taking 6.7 seconds off her 50 free for a new time of 39.49, being bested only by 10-year-olds. Mac won her 50 breast heat establishing a new time of 53.86 then went on to rip almost 12 seconds off her 100 IM for a new PB of 1:40.90. Way to impress!

Sierra Hopkins (11) event after event after event, shaved and cut her old times to achieve four new PB records with a 38.28 in the 50 back and a 5th place event finish in a race dominated by 12 yr olds, a 42.13 PB in the 50 breast and

a second place finish, a 41.77 PB in the 50 fly and a dramatic cut in the 100 IM for a finish time and PB record of 1:24.76. Great job, Sierra.

Nico Schultz (16) is quickly becoming a quadruple threat in the water. A 6 second cut in his 100 breast saw him tear up the pool for a PB of 1:08.40. His 23.77 PB in his 50 free promises a great season ahead as does a beautifully executed swim of the day in the 100 back taking 1st place with a PB finish of 59.47! Amazing. *Dolphins, you make us proud.*

23 Towns!

The Mid-Maine Dolphins' swim team draws swimmers from *23 towns*: Albion, Augusta, Belgrade, Benton, China, Fairfield, Manchester, Mercer, Norridgewock, Oakland, Pittsfield, Readfield, Rome, Sidney, Skowhegan, Smithfield, So. China, Unity, Vassalboro, Vienna, Waterville, Wayne & Winslow.



You will find out, as you look back upon your life, the moments that stand out are the moments when you have done things for others."

-Henry Drummond, 1851-1897, Scotland

Board Meeting

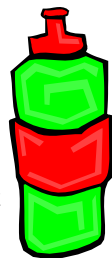
The next MMDPBA meeting will be held November 17th, Tuesday, at 5:15pm. On the agenda is: donation allocation, finance report, expenditure motions, update on pool equipment & coaches news. All parents/legal guardians of swimmers in good standing are welcome to attend and vote.

10th Annual Kid Lovers Ball

Waterville Boys & Girls Club and YMCA is holding their 10th Annual Kid Lovers Holiday Ball at Champions, Elm Plaza. A night of dancing and silent auction! Featuring the band "The Awesome" Save the date! Friday, November 6th, 2009 8:00 pm till Midnight

Remember Water

Whether or not your swimmer is aware of it, they are sweating when they swim, just like they would if they were running. Because water wicks away sweat and keeps the body cool they don't realize they are losing hydration. Please send a water bottle with your swimmer to practice. Without proper hydration your swimmer may experience muscle cramps, muscle fatigue and their performance and recovery will be negatively impacted.



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-mandatory
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. 10	USA	Wicked Good Meet	HSC, Bangor
Jan. 23	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



November 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Photo day 10am! Home meet
15	16	17	18 Aquathon	19 Aquathon	20	21 Home meet
22	23	24	25	26 Thanksgiving No practice	27	28
29	30					

