

Dolphin News

Issue #10, Nov. 16, 2009

AQUATHON

2 days to go!!!

Nov. 18th & 19th

12 great prizes

Bring in \$200 or more & be entered in a raffle to win an

iPod Touch!

Bring an adult to count your laps and time you.

Come have fun, raise money to support the team, get a participation gift and earn a chance to win a prize.

Prizes include:

iPod Touch

pool party

portable DVD player

\$75 Wal-Mart gift card

Micro-Fly radio controlled

Helicopter

\$50 Wal-Mart gift card

Men's Speedo Watch

\$25 iTunes gift card

\$20 Wal-Mart gift card

Mega Voice Megaphone

2 Flagship Cinema passes

'Be Coach For a Day'

The Aquathon is a mandatory fundraiser, if not swimming, you will be billed the minimum \$50 fee.

Sign-Ups

Sign-ups for the Nov. 21st home meet & concessions are on the board. Please sign up for a food item & have your swimmer sign up for their top three choices of events to swim, numbering them 1, 2, 3 in order of preference. If your swimmer cannot make the meet, please scratch their name from the list. Coaches need to know who is going to be there and who is not.

Warm-ups

Our Nov. 21st meet will begin an hour earlier than last meet. Warm-up will be **11am**, the meet will start at noon. Swimmers should be on deck at 10:30.

Thanksgiving

November 18th the Alford Center will host their annual Community Thanksgiving Meal. Everyone is welcome to attend. It will be in the gym from 5-7pm with all the Thanksgiving fixings. Come eat and enjoy.

Board Meeting

The November board meeting has been postponed until Dec. 9th, 5:15pm in the upstairs board room.

8 & unders

Our team is big this year which is a wonderful thing. One group though is still on the small side. That is the 8 & under boys. We only have 7 boys in that group. So they can only form one relay. It'd be great to add another 5 or so 8 & under boys to the roster. That would give them the opportunity to form 3 relays for meets. If your swimmer has an 8 & under friend that might be done with soccer or baseball, invite them to the pool. See if they'd like to come see Saturday's meet. Maybe they'd like to tryout when they see what fun it is.

Thank You

I want to thank our team's sponsors this season, your generosity helps us provide home meets for our swimmers & a healthy sporting opportunity. Keep an eye on the home meet programs to see who is sponsoring our team.

YMCA's

An index to Maine teams & locations is on the last page. Do you know where MDI or DEFY is? Print off this guide so you'll know where YMCA's are located.



Home Meet

Nov. 14th was our season's opening home meet against Freeport's CBRY. Together we had over 240 swimmers in the water. It was hectic but a great meet. **Sarah Kohl**, 8, hit the water for two FTE (first time ever) swims & a free relay, she pulled two 1st place & a 2nd place finish. Great job. **Julia Fortin**, 8, joined Sarah in that 1st place relay finish then went on to tackle the 25 & 50 free, cutting 3.64 & 5.14 respectively. Wonderful swimming. Our 8 & under girls continued to pound the water when **Elizabeth Hammond**, 8, lent her speed to a 1st place medley relay finish in the breast and strong 25 free & back swims, cutting time in both events, finishing with 3 top 8 swims. **Amber Kochaver**, 8, braved the waters for 3 FTE swims establishing times in the 25's back & free and 50 free, and finishing in the top 3 in the 50. Congratulations Amber. **Emily Eaton**, 9, tore down 2 old times to establish new PB (personal best) times in the 100 IM & 50 breast. Emily cut 7.23 from her IM and 13.44 seconds from her breast. **Sierra Weston**, 9, likes it in the top five which is where all 3 of her swims finished. Anchoring a 200 medley relay for a 2nd place finish Sierra went on to cut 4.41 sec. for a new PB in the 50 free & 5th place finish. She then established a FTE in the 50 breast. Strong swimming. **Clio Bazakas**, 9, decimated her old 50 free time with a 14.95 sec. cut for a new PB of 42.05. Clio swam on for two 3rd place finishes in the

50 back & 200 free relay. Super swimming Clio. **Kristina Plante**, 9, joined forces with Clio in that strong 3rd place 200 free relay then went on to est. a FTE of 1:07.29 in the 50 back and a cut of 5.52 in the 50 free. **Jake Perkins**, 8, took 1st, 2nd, 2nd in his 100 free relay, 50 free and 25 free cutting marked time in both individual events for 2 new PB times. Great work Jake. **David Govoni**, 9, powered down the lane for a strong breast lap of the 200 medley helping his team take 1st place; he went on to cut almost 12 sec. off his indiv. 50 breast for a 2nd place finish. **Daniel Malkowski**, 9, reinvented his 50 free cutting almost 17 sec. from his old time for a new PB of 1:05.50. Daniel went on to est. a FTE in the 50 back and to ribbon in 3rd place with his 200 free relay team. Back or free, **Alan Baez**, 11, owned his heats taking 1st, 2nd & 1st in the 50 free, 50 back and 200 free relay. Alan est. new PB times in both indiv. events with 5 & 7 sec. cuts for 3 mighty swims. **Jackson Eaton**, 12, wasted no time. In the water for the 100 IM he ripped 14 sec. off his old time and another 13.38 sec. off his 100 free for two strong 2nd place finishes. **Ben Misner**, 12, came back this season with a new determination. Toppling his old times Ben cut 31.19 sec. off his 100 IM, and 5.45 and 6.91 sec. off his 50 free & breast. 1,2,3 **Keenan Golden**, 12, took all three top ribbons with wonderful swims in the 50 free, 100 free and 200 free relay. Keenan also cut both individual times and est. new PB times.

MDI Required?

People have asked me why the MDI meet was listed mandatory. Every year MDI (Mt. Desert Island) travels to Waterville, Bath, Portland, Sanford... and brings a large travel team. They show good faith & spirit by making these treks. We've never been scheduled to go to MDI (and won't likely be scheduled to go there for two years as these things rotate). Our desire is to show the same good faith & spirit by attending their meet with a large team. It would be rude to show up with 20 swimmers when each year they make multiple trips to other Ys with a full team. We wish to return the courtesy. The Mid-Maine Dolphins are one of the larger teams in the state. We are #3 in the YMCA standings. We have an excellent reputation in the state for running great home meets and as a courteous away team, leaving facilities we visit clean & behaving well while there. We'd like to continue to foster goodwill, show respect, & show who we Dolphins are, by bringing a large traveling team to our MDI away meet. We understand this date, or the distance, will simply be an impossibility for some families. We apologize if in using the term mandatory we have caused any inconvenience or distress to families. We appreciate your efforts to attend this meet if possible.

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. 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

Swim Team Names & Locations

BASC	Bay Area Swim Club	338-4598	Belfast H.S., 98 Waldo Ave., Belfast
BBY	Boothbay Harbor YMCA	633-2855	Boothbay Harbor, 261 Townsend Ave.
BGRY	Bangor Barracudas YMCA	941-2815	Bangor, YWCA, 17 Second St.
Bowdoin College			Farley Field House, Brunswick
CBRY	Casco Bay YMCA	865-9600	Freeport, 14 Old So. Freeport Rd.
CMA	Coastal Maine Aquatics	883-SWIM	Cape Eliz. H.S., 345 Ocean House Rd.
CCSC	Canoe City Swim Club	827-9622	Old Town H.S., Stillwater Ave.
DEFY	Downeast Family YMCA	667-3086	Ellsworth, 238 State St.
HSC	Hurricane Swim Club		Bangor, Husson College
KVY	Kennebec Valley YMCA	626-3488	31 Union St., Augusta
LRSC	Bath YMCA	443-4112	Bath, 303 Centre St.
MDI	Mt. Desert Island YMCA	288-3511	Bar Harbor, 21 Park St.
MMD	Mid-Maine Dolphins	873-0684	Waterville, 126 North St., Alford Ctr.
NYCY	North York County YMCA	283-0100	Biddeford, 3 Pomerleau St.
PENBAY	Penobscot Bay Area YMCA	236-3375	Rockport, 116 Union St.
PPSC	Portland Porpoise Swim Club	874-1130	Portland, 87 Spring St.
PRY	Piscataquis Reg. YMCA	564-7111	Dover-Foxcroft, 48 Park St.
PTSC	Pine Tree Swim Club	874-1111	Portland, 70 Forest Ave.
SSC	Seacoast Swim Club	829-2208	Cumberland Ctr, Greeley H.S., Rte. 9
SYT	Sanford YMCA Titans	324-4942	Sanford, 1 Emile Levasseur Dr.
TCST	Twin Cities Swim Team	795-4050	Lewiston YWCA, 130 East Ave.
Westbrook	Seals		Westbrook, Westcott Jr.H., 426 Bridge St.
All-Stars			Bates College (possibly subject to change of location)
New England's			Harvard or Brown Univ. (alternating years) www.neswim.com