

Dolphin News

Issue #8, October 5, 2009

USA Swimming

If you're interested in finding out about USA swimming, talk to a coach or registration coordinator. Here are what some of our swimmers have to say:

"USA swimming is a great experience. You get out & about more with USA & meet people from more teams because some of the best & most competitive Maine teams are just USA." -**Brendan Mahns**

"USA swimming is important to me because it really tests you. It is hard & competitive, but also really fun. It also sometimes has prelims & finals & events Y swimming doesn't always include such as the 1650, 1000, 200 fly and 400IM." -**Alexa Williams**

"What I like about USA swimming is the competition is greater than in Y swimming. You also train harder for big USA meets, like the Bowdoin Open, therefore you get some of your best times at these meets." -**Sergey Terrio**

"USA swimming is a huge part of my life. It makes me feel a part of something great & lets others know how determined I am. USA swim makes me challenge myself, & without it I wouldn't be at the level I am today." -**Emily Clark**
Registration deadline for USA swimming is November 11th. Please submit registration forms and \$56 payment to a parent representative.

Registration

Team registration ends Fri., October 9th. If you've not done so, you need to register this week. Even if you won't be swimming until later due to fall sports, please come register now.

The registration process:

1. pay the Alford registration fee at the front desk, check payable to Boys & Girls Club & YMCA (this is MMD's pool rental cost from the Alford Center, it does not support the team).
2. come inside the pool area MMD registration table and pay the \$50 booster fee, order an optional team suit (females \$38, males \$26); sign a commitment paper to the aquathon (or pay a \$50 fee to opt out of this mandatory fundraiser), then fill out team paperwork. (These fees run the team, buy equipment, pay our coaches). Fees to the team are by check payable to: Mid-Maine Dolphins.

**Swimmers cannot swim till all fees are paid. If there is a financial hardship, please email or ask for an opportunity to speak to Tess.

Intrasquad Meet

Gold & Gold Plus swimmers will be having an intrasquad meet on Oct. 19th. Check the calendar, talk to your coaches about events and readiness. **We still need one more official & 10 timers.**

Pool Etiquette

Swimmers: **Gum** should be put in the trash before entering the pool. Please have consideration for other swimmers & those that clean the pool. **Caps** are to be put on before entering the pool & removed after exiting. Our vacuum will last longer if it isn't taxed sucking up hairballs. Please **clean up** after yourself. If you take kickboards or buoys out, return them after practice. **Band-Aids** don't stick in water. Try liquid Band-Aid. If you need to use the **bathroom**, try to wait till the end of a set before leaving the pool, but do use the facilities. As always, listen to the coach, don't hang on lane lines, respect yourself & fellow swimmers. This will pay off in a clean pool & great swimming.

Carpooling

Oakland has discontinued the Alford Center bus stop. If you're in Oakland and need carpooling, contact Lisa Burton 859-4327 (w), llburton@colby.edu If you're in another area & need transport, talk poolside to parents in your child's swim group, you may be able to make arrangements. Our phone directory will be out in 2 weeks, it'll have names of folks in your area with whom you can hopefully connect.

Our Website

midmainedolphins.com

Check it out for up-to-date information, schedules, record breaker records, cancellations, directions to Ys and much much more!



Board Meeting

The September 23rd meeting was attended by 13 parents. After a call to order and treasurer's report, an election was held for the officer positions of treasurer and assistant treasurer. **Ann Lindeman** and **Becky Clark** were elected to the respective positions for this upcoming season. Bylaws were presented to the board, amended, voted on & passed. The bylaws named the parent group the Mid-Maine Dolphin Parent Board Association (MMDPBA) and outlined member eligibility as well as the functions and operation of the board. Coaches' notes presented the desire for an October intrasquad meet for gold and gold plus swimmers to check the computer system, new software and printer & for new meet workers to learn the ropes. It was noted we need 3 officials & 13 timers. The President gave a finance report on discretionary fund expenditures. Motions were made & passed for the purchase of Meet Manger software, a new printer for MMD use only, 4

Monofins for our young swimmers, new ribbons & car stickers. A motion was made to allocate funds to send a coach to an educational clinic this year should one arise, the motion was defeated. Funds were approved to pay the silver 3 coach an hourly wage above the season salary for silver 3, to cover substitute hours for Gold one day a week; as well as coverage for Gold Plus if needed once a week and Gold on the Wednesday preceding a meet. A \$600 donation was made to the team, allocation of this donation was discussed then tabled for our next meeting, the date of which is TBA.

Donation Allocation

The team has been given a donation of \$600 from a woman whose children swam bronze a few years back. At that time they received financial assistance from the Alford Center. Now, in better circumstances, she wanted to repay the kindness by making a donation that would go specifically to the Dolphins. The board discussed four options: 10 USA memberships; names on swim caps; purchase of computer equipment; donate it to the vacuum fund. As it is a big decision, it was decided to table further discussion and vote until more parents had an opportunity to email me additional ideas on how best to spend this donation. **Please email me ideas. I'll compile a list to present at the next board meeting for a vote.**

Coach Tim's 11 & Older Clinic

There are still spots available for Coach Tim's 2nd 11 & Older Start & Turn Clinic. The



Sept. Clinic was such a success Tim is holding another one, Oct. 24th, 10-noon, at MMD. If your swimmer is 11 or older and would like to attend a clinic focusing specifically on block starts, backstroke starts and all turns, contact Tess to register.

Cost: \$20

Official's Clinic

The hosting of our first official's clinic at MMD on Sept. 20th, went very well. Thank you to **Lonie Brown** and **Duffy Akerley** for traveling from WCY and MDI YMCAs to present the clinics. Officials from MMD, Bangor, KVV and Dover-Foxcroft participated in the level I and level II clinics.

Contacting Coach David

If you email Coach David, please put "Dolphins" in the subject line. He has a tremendous amount of email come in each day and doesn't want to inadvertently delete yours. So please note: "Dolphins" in the subject line of your email.



New Swim Suit Rules

The new swim suit rules take effect October 1, 2009. Amendment to Rule 102.9 reads: **“All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.”** Textile fabric is defined as material consisting of natural and/or synthetic, individual & non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. The legislation will go into effect here in the U.S. three months before FINA, swimming’s international governing body, is expected to implement the same rule for international competition. “As an organization we have been working with FINA and other swimming nations to find a solution that will ensure a fair and even playing field for all swimmers, and that will ultimately advance the best interests of our sport,” said Chuck Wielgus, USA Swimming Executive Director. “With Saturday’s vote, our membership has sent a clear message that it wanted this action taken sooner, rather than later. We hope that this action will put the emphasis back where it belongs, on our athletes, their training and hard work.”

Team Parents’ Business Affiliations

The earlier phone directory forms that were included in your blue or burgundy registration folder did not have a business affiliation line. The new forms do. It was noted that many parents like the idea of shopping local businesses more than the Big Box stores. They also like patronizing businesses run by fellow team parents. As such, we’ve added a business affiliation line to the phone directory forms. Those that choose to list their business, whether it is a service or product vending business, may do so. It will then be listed in the phone directory with your swimmer’s listing. There is no obligation to list a business affiliation, but if you would like to, and you got an earlier version of the phone directory form, simply email me and let me know: your name, your swimmer’s name and swim group and the business you would like to promote. I will see to it we add it to the phone directory when it is compiled.

Meet Schedule

Page 4 has our current meet schedule. Some dates are TBA & some events, like our psyche party and banquet, are still to be posted but I wanted to get you a working schedule as soon as possible. Additional information will follow.

Shutterbugs

To all those shutterbugs out there; if you get some great pix of swimmers, coaches, meet workers, please give them to me on a disc. I will be gathering photos from October through mid-February for our yearbook coordinator, **Mitchell Cooper.**

In order to get the best representation of each swim group, please label the photos with the swim group and name of swimmers. Many will be used in our end-of-year banquet slideshow.

What to Eat

Adapted from Splash Magazine Pre-event meals are the foods athletes consume before competition. Athletes rely on pre-existing stores of carb and fat to fuel exercise. A well-planned pre-event meal is the last opportunity to maximize these stores before beginning an event. (The pre-event meal does not compensate for poor overall eating patterns.) Read the team handbook for nutrition ideas, watch the newsletter for nutrition updates and go to the USA swimming’s parent resources page on nutrition: <http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?>



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. 8	USA	Jamie Higgins Meet	CMA, Cape Elizabeth
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
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. 23	YMCA	Closed Meet #3 (MMD, CCSC, PRY, PBay)	MMD, Waterville
Jan. 24	USA	Wicked Good Meet	HSC, Bangor
Feb. 6	YMCA	Closed Meet #4 (MMD, SYT, CBRY, BBYD)	LRSC, Bath
Feb. 7	YMCA	YMCA All-Stars (qualifying times)	Bates College, Lewiston
Feb. 7	USA	Tuffin' Up	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. TBA	YMCA	Y New England's (qualifying times)	Harvard or Brown Uni.
Apr. 1-3	USA	Zones (qualifying times)	Webster, NY
Apr. 7-10	YMCA	National Championships	Ft. Lauderdale, FL