

Dolphin News

Issue #7, Sept. 7, 2009

Coach Jess

Welcome to **Jess Knight Beers**, our new Silver 3 coach. Coach Jess is a teacher at the Drinkwater School in Northport. In her collegiate career at Colby College she served as Captain of her varsity swim team for 1 year, was awarded the Scholtz Coach's Award 2 years in a row (given to a swimmer who exemplifies Colby swimming in attitude, behavior and leadership), and for 3 years was awarded MVP for varsity swim. She is currently a Masters' swimmer and certified lifeguard. Jess has coached at the YMCA in CT and served 2 years as an assistant coach at Colby College. We are happy to welcome her to our Mid-Maine Dolphin family.

Try-Outs

There are two try-out opportunities. If you participated in summer swim but were new to the team, come try-out so coaches can make a group placement for you. If you've a friend that's never been on the team but would like to be, bring them during one of these times: our Splash Bash, Sept. 12th, noon-2pm. This will be a chance to swim, register & receive giveaways (frisbees, thunderstix, tattoos, stickers and more). Or come during tryout week, Sept 28-Oct 2nd, 4-6pm. A coach will watch you swim & make a placement assessment.

When emailing Coach David, put "Dolphins" in subject line!

Pre-High School Swim Information

Pre-h.s. has two options:

a. 8 weeks practice before the start of h.s. swim, no other team involvement, no psyche party, no meets, no states, no banquet, \$0 booster fee and \$0 aquathon obligation for \$110.

b. 8 weeks practice before start of h.s. swim, may attend psyche party, Y meets, Y states, and the banquet. \$25 booster fee but no aquathon obligation, for \$110.

Start Dates

Lane 4 Gold & Gold Plus

(Coach Tim's groups) will begin swim **Sept. 8th**.

All other swim groups start practice October 5th!

Officials' Clinic

Sept. 20th MMD will host Level I & Level II Y official's clinics, 10am-2:30pm. A snack & drink concessions will be available but you may want to bring a sandwich. We're awaiting National level confirmation but believe those taking level I clinic may test either level I Y, level I USA or both. Those taking level II clinic may only test level II Y.

Parent Board Meeting

Sept. 23rd, Wed. at 5:30pm

will be our next MMD parent board meeting. Agenda: Coaches notes; bylaws; treasurer's report; motions & votes on software, supplies & equipment purchases, new coach fill-in wages, new treasury election; and team updates.

Registration

All registrations will take place during the following three times:
-Splash Bash, Sept. 12, noon-2pm
-tryouts, Sept. 28-Oct. 2, 4-6pm.
-first swim week, Oct. 5-9, 4-6pm.
If you're already an MMD swimmer you do NOT have to try out but you DO have to register on one of these dates. Even if not swimming until later, due to fall sports, you need to register now. We can't hold rosters, lane placements, suit and other orders for late registrants. If you're unable to do so, email me to arrangements.

The registration process:

1. you'll receive group placement via mail (or at tryouts)
2. pay the Alford registration fee at the front desk for the group assigned, check payable to Boys & Girls Club & YMCA (this fee is our pool rental cost from the Alford, it does not support the team)
3. come into the pool to the registration table & pay the \$50 booster fee, order an optional team suit (females \$38, males \$26); sign commitment paper for the aquathon (or pay a \$50 fee to opt out of this mandatory fundraiser), fill out team paperwork. (these fees run the team, buy equipment, pay our coaches) These fees to the team are by check payable to: Mid-Maine Dolphins. ***A swimmer cannot swim till all fees are paid.**

*Outstanding fees due the team will be collected during registration before a swimmer is allowed to swim.

If there is a financial hardship, please email or ask for an opportunity to speak to Tess privately.

Our Website

midmainedolphins.com

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



Officer's Position

We extend our appreciation and thanks to our current Treasurer, **Vicky Roy**, for having taken this position and created a great infrastructure & organization. Due to time constraints, Vicki is stepping aside as Treasurer to assume another team position and her husband, Paul, is stepping aside as her assistant and will continue on as one of our officials.

Vicki has offered to remain on, till our next parent board meeting when we can hold elections. She's also offered to train whomever is elected in her stead. We've had one parent, a bank manager, offer to be on the ballot. The election is open to all and anyone else who'd enjoy running should email me. I'll add your name to the ballot. We extend our thanks to Vicki & Paul for all they do, your volunteerism & hard work is much appreciated.

["Agenda for today: breathe in, breathe out, breathe in."](#)

-Buddha 563-483 BC, India

THAT'S NOT IT!

(adapted from a John Leonard story)
Last week, a Mom "informed us" her 13-year old daughter would be gone 3 weeks vacation in June. Her daughter is not much of a swimmer, but has endurance and comes regularly to workout at 5:30 am and again at 5:30 pm daily. She works hard, demonstrates little talent but lots of determination. We expressed dismay she'd miss weeks in the middle of the most important training of the summer. Her mothers response? "She'll never be an Olympic swimmer, what does it matter?"

This is a dagger in the heart of any swimming coach. If we only cared about those 52 people who will eventually, once every four years, go to the Olympic Games, it would be a small, empty, meaningless sport. My response was "That's really not it." What is it? It's that young people need to learn to dedicate themselves to something difficult, something that requires perseverance, guts and daily determination to get your butt out of bed and go push your body till it can't go anymore. Why? Because their lives are too easy, too soft, too catered. Too many people carry them, make excuses for them, never allowing them to try to be "heroic."

Is it "heroic" to get your butt out of bed and swim at 5 am? It is if you haven't done it before. Is it heroic to "make" 10x200 fly on 4:00? It is if you haven't done it before. Is it heroic to finish your swim then turn and cheer a teammate who is further behind than you, and is struggling to make the set? It is if you've never done it before. "It" is about doing what you haven't done before.

Its not about being an Olympian. Its about being *Olympian*.

Learning to be a hero. And what it takes to learn that. Or, you can Be Comfortable and teach your child that it's more important to be comfortable. So, if that's your choice, I only have one question? What will happen the day when they are made "uncomfortable" by life? (That's the article by John Leonard that ran.) Below is a moving and important reply.

Reply from George Block, Alamo Area Aquatics Assoc., Sr. Coach

Your article really struck home as it reminded me of Robert Reyes, arguably the worst swimmer to ever go through our program. Robert Reyes swam on our high school team and was the slowest guy in the race, but he would swim ANY race and go all out.

He was the same in water polo. Every Saturday they play 3 or 4 games, 3 or 4 hours of wrestling up and down the pool. Robert was always the slowest guy, but he would never quit.

Even then, the real reason he was swimming was to help him when he went into the Navy. He had his goal way back then and was preparing back in Taft High School for when his moment came. I told our kids that Olympians have it easy. They know exactly when their moment is going to come. They prepare for it and have a lot of help getting there. For the rest of us its a lot different.

Your phrase to the mother, "being Olympian" hit it perfectly. All of us will have our "Olympics," when the very best we can bring is called from us. We don't get to know when that moment is to be. We have to constantly prepare. We may have no one to help us. It may come like it did for Robert, as a physical test on a dark night, in choppy seas, with the flaming wreckage of a helicopter still floating in the water. **(turn page)**

It more often than not won't be a physical test, but a moral one -- that integrity thing. I tried to explain to my team that the reason they have to prepare every day is because they have to be prepared every day. "Being Olympian." That is it.

What became of the swimmer Coach Block called arguably one of the worst he ever had? Read the article below, published in a major newspaper, about that very swimmer

Man Rescues Navy Pals

By Amy Dorsett
Express-News Staff Writer

A San Antonio Navy man came to the aid of four comrades in the choppy waters of the Mediterranean Sea last month, rescuing them after their helicopter crashed. Petty Officer 2nd class Robert Reyes, assigned to a helicopter combat support squadron aboard the USS Kearsarge, made the rescue June 22 when a helicopter flying a routine search-&-rescue mission crashed into the water.

Reyes, 21, whose boyhood love of helicopters propelled him to enlist in the Navy three years ago, suited up for what was to be his first rescue mission. Already feeling the rush of adrenaline, Reyes emotions were running even higher because the crew members were like family. "Just the day before we flew together," Reyes said. "While I was dressing out, I was trying to calm myself down." Within minutes, Reyes helicopter was hovering in the nighttime sky above the downed chopper. Reyes, a trained rescue swimmer, jumped from his helicopter. "I started swimming up to them, seeing if they were alert," Reyes said. One by one, Reyes helped each

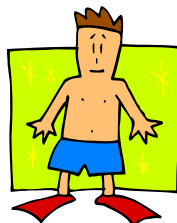
crew member swim to the pickup point, where they were loaded into the waiting helicopter. Navy officials say the four who were rescued are quick to call Reyes a hero, a title he brushes off. "When they say that, I just think I'm happy they're here," Reyes said, adding that some of his water skills were acquired while on the Taft High School swimming team.

LIFEGUARDING CLASS SCHEDULE

Lifeguarding Class:
October 11, 17, 18, 24, 25
8:00am to 4:00pm daily

You must be 15 years of age before October 25, 2009
cost: \$225

Classes are on a first come first serve basis. *You must pay when you sign up.*



You can sign up over the phone with a credit card or in person with cash, check or credit card at the Alford front desk.

Bring lunch, towels, and bathing suits.

You must attend all the days within the session. You may bring goggles but can only wear them for the 550 yard swim.

Any question call Lore Wing or David Turnage at 873-0684

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?TabId=1291&Alias=Rainbow&Lang=en>

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