

Dolphin News

Issue #2, Apr. 6, 2009
MMD Dolphin Newsletter

Thank You

This was our first year with a satellite program in Skowhegan. Coach David envisioned this exciting new adventure and with some wonderful volunteers was able to make it happen. We want to extend a big thank you to **Coach Alicia Benson** who coached our 15 new Skowhegan members. Thanks also goes out to **Mary McCann Baker** and her daughter **Reeve Baker** and **Craig Taylor**, all of whom assisted Coach Alicia, and to **Steve Govoni** who was ready, willing and able to jump in the pool and help out. Thank you also to the enthusiastic swimmers and parents in Skowhegan that made the launch of this program successful. Welcome!

Our gratitude also to **Erma Apetz** who painted a Dolphin mural on the wall behind the blocks. It looks wonderful! Thank you to **Leighton Sign Works** for the donation of beautiful lettering over the mural that reads, *Home of the Mid-Maine Dolphins*.

Our appreciation to **Dave Winkin & Joseph's Sporting Goods** for beautiful embroidery work on our team clothing.

Summer Registration Time is Here

Summer swim runs spring and summer, May 4th through July 31st, and registration time is here. Stop in at the front desk, grab a registration sheet, fill it out, write two checks, one payable to the Alford Center for the registration fee that fits the time and dates your swimmer will be attending and a \$10 check payable to MMD if your swimmer is swimming 1-3 days a week, or a \$20 check to MMD for a team fee if your swimmers is swimming 4-5 days a week. Then we'll catch ya poolside in four short weeks!

Help Wanted

Looking for bright, energetic volunteer writer to build repore with local papers, take pix & write stories for submission to local Two Cent paper on major events: ME Games, Bowdoin Open, All-stars, Champs, N.E.'s, Zones, Nationals, season's recordbreakers. Also need to arrange Sentinel's good luck photo & sponsors once a season. Contact Tess if interested.

Swim with an Olympian

There's still room for your swimmer! We haven't reached capacity. If your child is interested in swimming with Olympic breaststroker Eric Shanteau, and if you're interested in taking an official's or parent's clinic for free, come sign up. For USA swimmers the cost is \$25. For those not yet USA registered, it is a \$25 swimposium fee + \$32.50 for a USA summer registration. Two separate forms need to be filled out. *And if your USA swimmer finished top 8 in the state, the banquet that follows is the time to pick up that trophy. You have to register for the banquet now though!* Feel free to write me for more information if you're interested.

Camp Time

July 13-17th
9am - 3pm

Enjoy a swim camp, close to home. Dryland, swim instruction, videotaping &, weather permitting, outdoor pool training. Sign up now at the front desk.

"We're fools whether we dance or not; so we might as well dance."
-Japanese proverb



New Englands

March saw Harvard & Boston University's pools overflowing with swimmers from throughout New England. Graciously, Tom Manduca, of TCST, accompanied our three MMD swimmers this year. Much appreciation to Tom for going out of his way to help us out.

Mitchell Cooper gave a great showing at Boston University in both the 50 and 100 free, shaving .3 seconds off both times and improving his seed positions in each race. Mitchell finished with a powerful 25.32 in the 50 free & 55.06 in the 100 free. Great job, Mitchell!

Joining Mitchell in swimming in the 13-14 boys div. was **Arthur Conover**. Arthur also raised his finish from his seed positions and put forth exciting swims. His 100 back saw a five position rise in placement and Arthur not only brought his 100 fly up four placements from seed but cut time and finished with an impressive 1:05.64. Way to go, Arthur!

Mary Erb, our third New England's swimmer, swam the 50 fly, 50 back and 100 IM at Harvard University. Mary's 50 fly was skillful as she flew past competition to land two finish positions above seed. Her 50 back likewise moved her up two finish positions from seed and saw a strong finish time of 36.10 and a top 16 finish. She drove on to complete a great 100 IM in the girls 9-10 age div. in the largest swim meet in New England. Way to represent, Mary!

Upcoming Meets

(Summer plans are being laid,
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

Zones

Two MMD ambassadors went to Zones this year and both had a grueling schedule.

Lindsey Prelgovisk took on *ten* swims in the 3-day meet. Teaming with swimmers from other Maine teams, Lindsey was chosen for her power and speed as the lead swimmer in all four relays. First off the blocks in the lead length of the 200 free, 400 free, 200 medley and 400 medley relays, Lindsey tore up the pool at N.Y.'s Eastern Zone's Competition. She also executed six individual swims with power and grace. Holding a taper for this long a time is no easy feat but Lindsey brought to every swim her same focus, skill and determination. Whether it was her 100 free, 200 free, 100 back, 200 back, 200 IM or 400 IM, she tirelessly flew from the blocks to perform beautifully and pull three top 16 swims in the 100 back, 200 back and 200IM.

Kristen Prelgovisk took to the blocks for three relays that teamed her with fellow Maine swimmers, as well as for six individual events. Placing top 16 swims in the 200 back, 100 IM, 100 breast, 50 back and 100 back, Kristen's individual events also saw three new personal best (PB) times. Her 29.82 in the 50 back was a huge triumph with the breaking of the 30 second mark. She then sliced time off her 100 back for a new PB of 1:03.54 and her really impressive seed of 2:20.23 in the 200 back was smashed when Kristen touched in for a 9th place finish with a time of 2:16.62!

Congratulations Lindsey & Kristen!

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- June 6** June Bug Jubilee, Husson College
- June 20** Sprint Meet, LRSC
- July 23-26** MSI Championships, Canada