

Dolphin News

Issue #12, Jan. 4, 2010

Meeting Mins.

Dec. 16th an MMDPBA mtg. was held, seven members were present. The treasurer gave a summary of financial activity to date as well as expenditure projections for the season's balance.

It was noted incoming funds to date from: booster fees, concessions, business ads, aquathon & bottle income, along with anticipated balance due of aquathon fees, our next concessions & an Applebee's fundraiser should bring in *just* enough to cover this season's expenses of: coaches salaries & travel expenses, clinic fees, computer software & support, equipment, supplies, USA registrations, t-shirts, aquathon prizes, psyche party, banquet, state meet fees, medals & ribbons.

A motion was passed to increase the psyche party budget to \$600 due to the team size. Party details will be squared away by the committee & posted in Feb. newsletter. The possible need for an emergency board mtg. was raised when the console failed. An amendment to the bylaws was passed allowing for an emergency meeting to be called with 2 email, a bulletin board & 48-hour notification. The team has been given a donation of \$600. At the last two mtgs. options were discussed as to how to spend this money. A vote was tabled to get opinions via email from parents. The prevailing notion was to donate the money for

the purchase of defibrillator pads & batteries for the Alford Center; however, they've since been purchased. As such, the board voted to buy participation medals for each swimmer to be awarded at the end-of-year banquet. Thereafter this expense will be written into the team budget to continue this presentation each year.

Away Meet

Sign-ups for the January 9th Portland meet will be taken down Wed. so sign up ASAP. Only a few meets left, don't miss it!

Slideshow

We make every effort to include as many swimmers as we can in the banquet slideshow, group shots are great. You can send me jpeg pix up until Feb. 20th. If your swimmer isn't in the slideshow, it may be because you never submitted pix.

Caps Are In

The new MMD silicone swim caps have been delivered. They are \$9 each. You can purchase them during the week from a senior parent, or at the meet sales table during home meets.

Revised Meet Schedule

Please print off a copy of the revised swim meet schedule on page 5 for your reference.

Team Pictures

Margit's has delivered the team photos. Check the file boxes for your swimmer's pictures.

Aquatic Marathon

Congrats to two of our swimmers for completing an Aquatic Marathon. This past Beijing Olympics saw the induction of this new event, the 10k Aquatic Marathon. On Dec. 31st, to welcome in the New Year, many Maine Masters gathered at KVV to swim 100 x 100s. Two MMD-USA swimmers set their sites beyond that goal.

Tim Lecrone & Brendan Mahns, swam & completed a 10k aquatic marathon (the equivalent length of 110 x 100, or 11,000 yards). They accomplished the formidable task in 2 hours & 45 minutes.

At the Beijing Olympics 25 men qualified to swim the 10k, 23 finished the race. The first place winner swam it in 1 hour and 51 minutes. The 23rd swam it in 2 hours & 9 minutes.

Our swimmers didn't contend with waves but they did have the added pain of 330 flipturns the open water course doesn't have. Job well done. Congratulations Tim & Brendan!



Belfast Results

A beautiful new facility, great pool and fun away meet was had Dec. 12th at Belfast and our swimmers did us proud once more. From the strong second place finish of our 8 & under 100 free relay of **Morgan Veilleux, Molly Calkins, Amber Kochaver** and **Molly Wasilewski** that brought 34 points to the team to many powerful individual finishes, MMD showed their might. All alone, 7 yr.-old **Sydney Townsend** brought in 14 individual points for the team and 2 new PB (personal best) times in her 25 free and 25 back. Congratulations Sydney! **Leah Shoulta** racked up 40 points for MMD with 3 great swims & 2 PBs in the 25 free & 25 back, great work, Leah. This was a strong point meet for MMD as **Meghan McNeil** added 25 points to the tally with 3 super top 16 swims & a PB in the 25 free. **Sojourn Bentley** had a dynamic 50 breast, ripping 15.61 seconds off her old time and dropping 4 more points in the MMD bucket. **Sophia Libby** brought 34 points to the board with two 2nd place finishes & 2 PB in individual events. She then collaborated with **Katie Cobb, Olivia Jones** and **Ellie Warger** to add an additional 34 pts to the team total with a 2nd place 200 free relay. Great job girls. **Ellie Warger** went on to execute a FTE (first time ever) swim in the 100 free establishing a great first time of 1:44.86 as well as breaking the one minute mark in her 50 breaststroke with 56.27, 13 pts and a sixth place finish!

Sierra Weston's hard work ethic helped her shave her 50 breast & free times for 2 new PBs. She then tackled the 100 IM for a great FTE of 1:41.11 & 42 points.

It was a red-letter day for **Hope Winkin!** Three PBs, 3 top 8 finishes & 38 points for MMD.

Hope's 50 back saw a drop to 47.35; she earned a PB of 57.42 in the 50 breast and cut a whopping 28.54 seconds in her 100 free. Congrats Hope.

Zoli Nagy took on two 50s & tore them up with a 3rd place finish & 5 sec. drop in the 50 back & a FTE swim in the 50 fly that brought a 1st place finish & a time of 53.87, not to mention 36 points to MMD.

Spencer Jones hauled in 12 individual points for the team in his powerful 50 back & a new PB of 1:00.25. He then lent his speed to the 200 free relay team of **A.J.**

Maroney, Ethan Nurick and **Daniel Malkowski** to pull in a 2nd place finish & 34 more points.

A.J. Maroney was right there neck and neck with his teammate Jones in the 50 back, earning his own PB of 1:01.60 and 11 individual team points. Great work A.J. We don't usually focus on points allotted in mid-season meets.

While it is a focus of Y States because it sets our state rank, we tend to look more toward individual growth & development during the season. However this meet was so filled with point earners that I thought it merited the attention.

Margaret Reisert was there lending her skill to the mix with 2 great PB in the 50s free & breast that brought in 2 PBs and 25 individual team points. She then lent

her abilities to the 200 free relay as 3rd leg, helping bring in a 1st place finish & 40 pts along with teammates **Zoe Perkins, Katie Bernier & Mikayla Carr.** **Zoe's** powerful lead leg of the relay, taking on the intimidating 200 IM for a FTE swim & cutting her 50 fly time, made for a great race day, bringing in an additional 23.5 pts. **Katie Bernier's** contributions continued. After her relay leg she went on to the 50 back & breast, setting a PB in the breast & bringing 12 more points to the team. **Bethany Winkin** swam 3 stellar top 8 swims, establishing 2 new PBs & tallying 39 individual team points. **Mia Fairman** flew into 3 top 6 finishes in the 50 back, 50 free & 200 back, setting a PB in the 50 back & bringing in 47 pts. **Katherine Wight** added 44 indiv. pts to the MMD total with 3 top 6 swims in the 100 fly, 50 breast & 100 free and PBs in the 100 fly & 50 breast. **Griffin Davis** smashed his old times for 3 PBs in the 200 IM, 50 breast & 100 free. He raced to the blocks for three 1st place finishes & 60 individual pts for the team. A huge day for Griffin and MMD. The 13-14 boys continued to dominate with **Emmett deMaynadier** executing 3 beautiful top 4 finishes, earning 52 pts and 3 PBs in the 200 IM, 50 fly and 50 breast. **Sam Wehry** likewise racked up 52 pts for the team with his powerful PB 50s: back, free & breast & 3 top 4 finishes. Great work Sam. **Brandon Smith's** 56 pts. made for a successful day for the him & the team as he set 2 PBs & 3 great top 3 finishes.



Dec. 19th Home Meet Results

Jess Bazakas, 7, medley relay with teammates **Emily Larsen, Sarah Kohl & Molly Calkins** was a super start to the day. Swimming a strong first leg Jess helped her teammates pull in a first place finish. Jess went on to swim a PB of 30.81 in the 25 back & a great 5th place finish in the 25 free.

Molly Calkins, 8, anchored that relay to bring in a great finish time of 1:55.60. She then also achieved a PB in the 25 back with a time of 32.67. Strong swims, Molly. Kudos to **Annie Cayer**, 5, for two tremendous PB swims in the 25 back & 25 free with cuts of 7.25 & 3.88 seconds respectively. Venturing in for 3 FTE (first time ever) swims, **Caitlin Parks**, 8,

dominated. Executing 3 top eight swims in the 25 breast, 25 fly & 50 free, Caitlin set strong competitive times & took first place in the 25 fly. **Leah Smith**, 8, tackled the 25 back and 25 free with gusto to earn two new PB times & two top 10 finishes. Good work, Leah. The 25 free saw **Zoey Trussell**, 6, drop a huge 10.37 sec. off her old time. Congratulations Zoey for a wonderful swim and new PB time.

Molly Wasilewski, 8, took to the water with verve grabbing 2 top 8 finishes in the 25 breast & 50 free. Her 2nd place finish in the breast also brought with it a PB.

Hanna Bouchard, 10, broke the minute marker on her 50 free for a powerful 4th place finish & PB of 56.97. Hanna brought in two more PB times in the 50's free & back.

Haley Holt, 10, braved two new swims in the 50s free & back to set great times of 47.25 & 1:00.69 each. Great work, Haley. **Olivia Jones**, 10, lent a fly leg to the medley relay of **Sierra Weston, Katie Cobb, Jones & Clio Bazakas**, to help her team pull in a 1st place finish with a time of 3:18.46. Olivia then went on to cut her 50 fly time in an indiv. race to 48.34 & a 3rd place finish then broke the minute marker on her 50 breast with a 4.2 sec. cut! A tremendous day of swims, congrats Olivia. **Alexandria**, 9, **Lecrone** also had a red-letter day anchoring the medley relay of **Sophia Libby, Ellie Warger, Emily Eaton & Lecrone** for a 2nd place finish. Alex then tore 3.97 sec. off her 50 back for a PB time and tackled the 50 breast for a strong finish of 1:32.95. New to the team, **Alissah Paquette**, 9, took to the water like a pro. Graceful and elegant, she swam two new swims of 50's free & back to establish great PB times & a wonderful new accomplishment. Congratulations and welcome Alissah.

Kaylyn Trussell, 10, swam 3 wonderful top 10 swims raking in 3 PB times in the 50 free, 50 back & 50 breast. **Rebecca Wickman**, 10, took on the intimidating 100 breast for a FTE swim & top 8 finish. She went on to the 50s free & back & two PB times & a 2nd place finish in the back. Heading to the wall backwards can be a little daunting, **Logan Malyk**, 9, took to it like a pro with a FTE 100 back swim, a 5th place finish & a time of 2:14.34. Logan also strove for, & won, a PB in the 50 free.

Ethan Nurick's, 9, breaststroke helped earn the medley relay of **Gregory Kamra, Nurick, Conor Ferguson & Daniel Malkowski** a 2nd place finish with a time of 3:43.68. Ethan also swam a FTE 50 back for a time of 56.55 & 6th place finish. **Eli Principato**, 10, anchored the medley relay of **Spencer Jones, David Govoni, John Reisert & Principato** to a blue ribbon 1st place finish. Eli then tackled a FTE 50 fly taking 2nd place & cut 7.29 seconds off his 50 back, breaking the minute mark with a time of 57.03. Great swimming, Eli. **Julia Badaraco**, 11, had 3 great swims with a 50 free PB, a 50 breast PB that broke the minute & a FTE swim in the 50 fly that took top 6. **Alex Bevier**, 11, swam 2 FTE events, the 100 breast & 50 fly, grabbing 1st & 2nd place finishes! Good job, Alex! **Julia Pershken**, 14, won 3 top 8 finishes with a strong 200 free, 50 free & 50 fly, earning a PB in her fly with a time of 34.20. **Treva deMaynadier**, 14, lighted top 8 for her 3 swims with a tremendous 200 free, 50 free & 50 fly. Treva cut times for 2 PBs in the 200 free & 50 fly. **Abigail Glover**, 15, broke the 40 sec. mark with her powerful 50 back taking 3rd place & earning a new PB as well as two other top 10 swims. **Clare McKelway**, 15, drove through the swells to a 1st, 2nd & 5th place finish in her 50 breast, 200 free & 50 free & a PB for her 200 free. **Kelsey Bolduc**, 15, won 3 top 6 finishes for her 50's fly & free & 100 back and a PB breaking the 40 sec. mark in the 50 fly for a finish time of 38.26.

USA

Bowdoin Open

Maine's top swimmers were in attendance as were 7 of VT, MA, NH & RI's top teams. Three intense days of prelims, age group & finals; eating on the run, fueling bet. swims, midday motel naps, crashing early & rising earlier is the rigorous routine but the delight in competing in Bowdoin's 10 lanes against the best in N.E. cannot be easily described. **Hannah Allen**, 13, said it best, "I was just there for one swim. One swim. But the excitement, the swim—there was nothing like it. It was amazing. I can't wait to go back next year." Hannah did well with that 1 qualifier, she made it count with a PB of 1:31.38 in the 100 breast Hannah earned her place at the Bowdoin Open. **Allison Fischang's**, 13, qualifiers took her through 6 prelims: the free trifecta: 50, 100 & 200, 100 back, 100 breast & 200 IM, yielding 4 PB (personal best) times and seed placement improvements. Great swimming Allison! **Ciara Ferguson**, 13, likewise earned 6 prelim spots. Tackling the 500 free on Friday evening, Ciara broke the 6 minute marker with a PB of 5:59.56. Day two brought two more PB in the 100 back & 100 fly. Back for the third day of competitive Ciara cut an amazing 6 sec. off her 200 fly for a 4th PB time. A great success at the B.O. **Kenya Whitehead**, 14, took on 6 events in two days of the Open. Holding her own against N.E.'s best, Kenya achieved 2 PB times in the 200 free & 100 breast. **Emily Larsen**, 8, was our youngest age group

competitor. Swimming 3 events, Emily undertook the 100 IM as well as 2 FTE (first time ever) events, the 100 free & 50 breast. To do so in such a daunting arena was a tremendous accomplishment. To do so & establish great new times is a wonder. Congratulations Emily. **Mackenzie Burton**, 9, took on 2 days at the Open with 5 age group events, earning PB times in the 50 & 100 free, with a 9.6 sec. cut in the latter swim and a FTE 100 breast. Good work, Mackenzie. The 11-12 girls swam 2 fast relays, the 200 medley with **Sierra Hopkins, Mary Erb, Kristy Prelgovisk & Liz Larsen** for a 4th place finish of 2:21.33. And the 200 free with **Jess Greeley, Sierra Hopkins, Mary Erb & Kristy Prelgovisk** for a 3rd place finish of 2:01.62. **Sierra Hopkins**, 11, then went on to swim 4 individual events all of which placed her in the top 24 in her age group at the Open & brought 2 new PB in the 100 free & 50 free. **Elizabeth Larsen**, 11, swam the 50 breast, 100 IM & 100 free gaining PB times in each event. **Mary Erb**, 12, had a wonderful open with 2 relays & 6 individual events of which 4 gained her PB times, all were in the top 24 swims & 5 were top 8 swims of the meet in her age group. Kudos, Mary. **Jessica Greeley**, 11, was one of two MMD swimmers who went 6 for 6 at the meet, earning PBs in all 6 indiv. events she swam, with an 18.78 sec. drop in the 100 free Jess cruised in with a time of 1:12.97 then continued drops in her 50s breast, back & free, 100 IM & 100 breast.

In addition to her relays, **Kristen Prelgovisk**, 12, had 6 memorable indiv. swims with 4 PBs, 5 1st place & 1 3rd place finish as well as *breaking* 3 meet records in the 100 back, 50 back, & 50 fly. 13-14 is age group for most meets, at the B.O. it begins the senior meet with prelims & finals. Four of our 13-14 boys swam the Open starting with a 400 medley relay that smashed the MMD board record by 16 seconds for a new time of 4:21.62. Congratulations to **Arthur Conover, Adrian Rivas, Sam Zarfos & Brendan Mahns**. The quartet closed down the Open with the final event, a 400 free relay, that again broke the MMD board record with a 4 sec. cut in time. **Adrian Rivas**, 14, brought 4 pts. to the team with those 2 relays then went on to compete in 4 indiv. events that garnered him 3 PB times. Good work, Adrian. **Sam Zarfos**, 14, also contributed 4 pts. to the MMD coffers with his relays & took on 5 indiv. events earning him 4 PB times. **Arthur Conover's**, 14, 4 relay pts. helped the team's standing as well. He then competed in 6 individual events earning himself 4 new PB times & broke the 2 minute marker in the 200 free. **Brendan Mahns**, 14, brought 9 pts. to the team participating in the two 13-14 relays & a sr. relay; he was also one of two MMD swimmers this meet, along with Jess Greeley, that swam 6 indiv. events bettering his time in each for 6 new PBs. Brendan dropped 19.24 sec. in his 500 free & broke the 2 min. marker in the 200 free. **(B.O. cont. next page)**

USA

Bowdoin Open (Continued)

Tim Lecrone, coach & MMD-USA swimmer, joined the 800 free senior relay team of **Nico Schultz, Brendan Mahns, Lecrone & Sergey Terrio** to bring in an amazing 9th place finish with a time of 7:55.64, just 0.18 sec. off the MMD board record that has stood since 1993. Funny enough, the long-standing record is a relay in which Tim swam the anchor leg as a 19 year old. Trying to beat the old record our group fell just shy of goal. Ah, to swim another day for the quartet. Contributing 5 pts. from that relay, Tim added another 4 to the coffers for a total of 9, in the 400 free relay with teammates, **Nico Schultz, Caleb Hoffman, Sergey Terrio** and himself as anchor. **Nico Schultz**, 16, added 32 indiv. pts. to the 9 relay points he brought in, totaling 41 pts to MMD. As a senior swimmer Nico swam prelim in the a.m. striving for a chance to earn one of the 24 coveted evening slots in the finals. As a sr. swimmer it is only in the evening finals, timed finals & relays that you can earn pts. for your team. Nico brought in 10 pts. in his timed 400 IM final and a PB time of 4:38.14. He brought 16 pts. in his 100 back final & 6 pts. for his 50 free final, earning PBs in all 3 swims as well as in 2 prelims. Great work, Nico. **Caleb Hoffman**, 18, contributed 37 indiv. pts. to the team in addition to his 4 relay pts. for a total of 41 pts. A powerful breaststroker, Caleb

earned finals in both the 100 & 200 breaststroke events. Taking 6th place amongst very strong competitors, Caleb's 100 breast also earned him a PB time of 1:06.07. Great work, Caleb. Free or fly, Sergey's your guy. **Sergey Terrio**, 16, earned 2 timed finals, 3 evening finals, 2 PB times, 9 relay pts. & 73 indiv. pts. for a total of 82 pts. to the team. That is a big haul for 3 day's work. Sergey's timed & final events landed him in the top 20 for each event. Our 5 sr. girls partook in 2 relays, both of which earned 20 group pts for the team. On day 2, **Lindsey Pregovisk, Emily Clark, Alexa Williams & Samantha Mathieu** swam a strong 400 medley relay for a 9th place finish. At the close of day 3, **Alexa Williams, Amanda Joy, Samantha Mathieu & Lindsey Pregovisk** swam a tremendous 400 free relay to garner another 20 pts. and 9th place finish. **Amanda Joy**, 15, swam 5 indiv. events with great aplomb. Striking a powerful PB finish to her 100 back, she went on to earn a spot in the finals the next night with her powerful 200 fly. With 2 top 20 finishes in her prelim & final 200 fly Amanda set a PB time of 2:29.84 & brought in 10 indiv. pts to add to the 5 relay pts she earned for a total contribution of 15 pts. Well done, Amanda. **Samantha Mathieu**, 15, added a whopping 45 indiv. to her relay pts for a total of 55 pts to MMD's standing. Sammy's fierce breast & free swims earned her 5 spots in the finals with every single one of those prelim & final times being in a top 24 swim & 6

of her swims being PB times.

Emily Clark, 16, can add a successful B.O. to her credits with 3 PB times in her 100 & 200 back & 200 breast as well as seizing 4 spots in the finals and a total of 8 top 24 swims. Emily's accomplishments brought 5 relay pts & 48 indiv. pts to the team for a total of 53 pts. Well done, Em! **Lindsey Pregovisk**, 15, hit an astounding 6 for 6 prelims to finals. Along the way she picked up 5 PB times in events that ran the range of all 4 strokes, proving she can swim any stroke deftly. Her achievements brought 10 relay & 84 indiv. pts to the team for a total of 94 pts. Good job, Lindsey. **Alexa Williams**, 16, is a powerhouse. After swimming 3 timed finals in the 400 IM, 500 free & 1650 that brought in 3 top 12 finishes & 3 PBs, she went on for two more days of swims that saw 4 prelim to finals swims, all top 20 swims & 3 more PB times. All tallied, Alexa swam 14 races, including 2 relays & 12 indiv. for 6 PBs, 10 relay pts & a huge 111 indiv. pts for a total of 121 points. All the points our swimmers brought to the board helped place MMD, with only 24 swimmers, 9th amongst a field of 19 teams, some of which had brought in excess of 100 swimmers.

***Congratulations to all our swimmers who attended the Open and that help each day to make the Mid-Maine Dolphins a wonderful place to swim.
Job well done.***

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. 16-17	USA	SYOA: Swim Your Own Age	Seals, Westbrook
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
March 27	YMCA	MMD end-of-season banquet	MMD, Waterville
Apr. 1-3	USA	Zones (qualifying times)	Webster, NY
Apr. 7-10	YMCA	National Championships	Ft. Lauderdale, FL



January 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 no practice	2
3	4	5	6	7	8 no practice	9 Dual meet @ Portland
10	11	12	13	14	15 no practice	16 USA SYOA meet Westbrook
17 USA SYOA meet Westbrook	18	19	20	21	22	23 Closed meet @ MMD
24	25	26	27	28	29	30
31						

