

# Dolphin News

Issue #34, Oct. 3, 2011

## Welcome

Welcome to the Mid-Maine Dolphins! We have an inviting group of coaches & parents willing to guide anyone who is new & has questions. Just ask! Sources of information are also our monthly newsletter, on-deck bulletin board & website [midmainedolphins.com](http://midmainedolphins.com) check in often for changes and updates. After the registration process is finished you will also receive our team handbook via email. Please read it carefully for information on how the team functions, swim groups, coaching lists, contact information and much more. Each swimmer will have a file folder in the black file folder boxes on deck. The week after a meet, check your swimmer's folder for ribbons. Most of all, enjoy the process!

## New President

Congratulations & welcome to our new Booster Club President, **Juli Jones**. Parent of two of our swimmers, Juli will be assuming the responsibilities of the presidency. Having a great team & wonderful parent support will help her settle into the job easily during this time of transition. Thank you Juli for your volunteerism and true dedication to the Mid-Maine Dolphins. You'll be awesome!

## Meet Info.

YMCA meets are usually on Saturdays, USA meets on Sundays. The team handbook gives greater detail on Y & USA meets & a schedule will be posted at our website, on the bulletin board as well as attached to this newsletter.

Sometimes there are changes or a cancellation. Look online, on the board or (if there is lead time) in the newsletter for updates.

A calendar will accompany each newsletter, print it off to track "swimming to do's".

Home meets require many hands. There will be sign-up sheets on the board, please volunteer. Meets run about 4 hours, pack a lunch pail for your swimmer with water & healthy snacks.

For away meets, you arrange your own transportation. Make sure you're there early enough for your swimmer to check in, change and warm-up.

If you can't make a meet, call Coach Beth.  
Your swimmer might be in a relay, others may be depending on them to be there. The coach will need time to make other arrangements.



## Payments

Our treasurers process hundreds of checks. The job is easier when parents use labeled envelopes & fill out the requested info. When you write your registration check, it is payable to the Alford; all subsequent checks are made to Mid-Maine Dolphins Boosters. You will be given envelopes at poolside registration for the team. Additional envelopes needed during the season for the Aquathon and other events can be found in the team office, next to the MMD safe. If you're unaware of this location, please ask a sr parent, who would be glad to show you. Fill out the envelope, put in a check & slide it into the safe's receptacle slot. Using team envelopes & filling them out will make our jobs a lot easier. We appreciate your cooperation in this process.



## New Communications Coordinator

Taking on the job of communications is **Angela Weston**. Parent of two of our swimmers, Angela will be assuming the responsibilities of emailing swim families to communicate monthly team news, meet info, sign-ups, event news & more. We appreciate her willingness to take on this big job & know her can-do attitude and great work ethic will be a tremendous asset to the team.

## Officials' Clinic

Tentative dates of **Oct. 16th** @ Portland YMCA & **Oct. 23rd** @ UMO Level I & Level II YMCA Official's Clinics will be held, starting at 8am. Afterward, you take an online at-home test for your certification. If you're interested in attending please contact the treasurer to get a check for payment. The team will pay your book & registration fee.

## Does Mom or Dad Swim?

The AYC Master's swim team may be a program that will interest them. All skill levels welcome. Master's sessions are Tuesdays & Thursdays 1-2pm. Talk to Coach Tim for more information.

## Directions

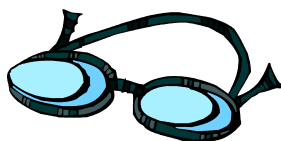
To find directions to other Y's go to: [midmainedolphins.com](http://midmainedolphins.com) & click on the meet schedule. Directions to each Y is at a link listing on the bottom of the schedule page. Click on a Y name and you will be taken to the directions page.

**We are what we repeatedly do. Excellence, therefore, is not an act but a habit.** -Aristotle

## Registration

Team registration ends October 8th. If you've not done so, you need to register ASAP.

**Even if you won't be swimming until later due to fall sports, please register now.**



### Registration process:

**1.** pay the Alford Youth Center registration fee at the front desk, check payable to Boys & Girls Club & YMCA.

**2.** come inside the pool area, an MMD registration table will be set up all week poolside. Pay the booster fee, order an optional team suit; sign a commitment paper to 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, provide psyche party, ice cream social, awards night, etc...). Fees to the team are by check payable to: Mid-Maine Dolphins Booster Club.

**\*\*Please note:** Swimmers cannot swim till all fees are paid. If there is a financial hardship, please ask the Alford front desk for financial assistance paperwork.

## Bulletin Board

To streamline the meet process, a week before a meet you'll see **event sign-up** sheets on the pool deck bulletin board. You'll also find concession stand sign-ups with every swimmer's name on it. Please sign up next to your swimmer with the food item you're bringing to the meet for the stand. Additionally, you'll see



sign-up sheets for **timers, officials, concession** stand workers, **set-up** and **clean-up** volunteers.

It takes a lot of folks to get a meet up and running. If you're new to the process and don't know where you can best help out, please ask a coach or sr. parent on deck.

## Hydrate

Remember a water bottle. You sweat when you swim, you just can't tell because you are in water. If you don't hit the water hydrated and rehydrate during and after swim, your performance may suffer & you'll have greater fatigue.



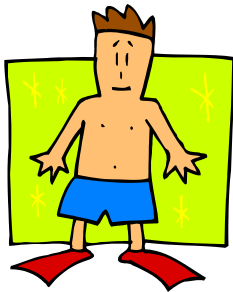
## Pack Right!

Goggles break, suits tear, caps snap. Bring back-ups for each as well as a towel, flip flops & water. At meets tuck all your items in your bag, don't leave towels, shirts, or anything out. They may just end up walking away on you, don't forget we

# Reasons for Warming Up

by Ernest W. Maglischo (adapted from: Swimming Even Faster)

- 1) Stretching joints should increase flexibility and thus improve stroking efficiency.
- 2) A good warm-up can provide a rehearsal. Swimmers can refine stroke techniques, starts, & turns for an upcoming event, & they can practice paces & stroke rates for various events during the warm-up so they can go into their races knowing exactly how they should feel when they try to swim a particular speed.
- 3) Swimmers can become accustomed to their surroundings during the warm-up. Each pool has a different feel and distinctive problems and various identifying landmarks (such as backstroke flags) that swimmers use as to gauge their position during a race.
- 4) Another reason for warming up is to provide time for mental rehearsal. It can be a time during which swimmers practice mental imagery. They can plan their races and become focused on those aspects of their performance that will lead to success while swimming easily down the pool or while swimming sprint and paced swims.



# Food for Thought

## Nutrition

by Olympian Garrett Weber-Gale

(excerpted from "Don't Refuel with Just Anything, by Garrett Weber-Gale)

"It's important to eat proper food after practice to aid recovery. This will get our bodies ready to destroy our next practice.

When we work out, we deplete energy stores in our muscles. One of these energy stores is glycogen. The most efficient & effective way to replenish glycogen stores is by eating complex carbs. This will enable your stores to be replenished over a longer period of time, which will allow the nutrients to replenish the muscles instead of being converted into fat. The sooner we eat complex carbs post-exercise, the quicker our glycogen stores are replenished. It's important to recharge as fast as possible. Examples of things I eat right after practice: Wheat Thins, whole grain bagels, Fig Newtons, Nutri-Grain bars, rice cakes, prunes, dried cranberries & oatmeal. Along with complex carbs we can add some higher-sugar foods, such as yogurt, cantaloupe, pineapple, honeydew melon, banana or an orange.



Our muscles are made up of many strands of protein. When we work out, we tear and break down these strands. In order to repair these proteins & help our muscles grow back stronger, we must give back proteins.

In addition to helping our muscles grow back stronger, protein aids in hydrating our bodies & keeping our immune systems healthy and strong.

Some of the foods I enjoy that help me restore the proteins in my body are almonds, almond butter, peanut butter or sunflower seeds or sometimes even black beans. Any combination of these foods will help you tremendously. The faster we take in these sources of nourishment after practice the faster our bodies can recover and prepare for the next workout.



Ultimately, we should be consuming both complex carbs to replenish our glycogen stores & protein to aid in the re-growth of our muscle fibers within 20-30 minutes post-exercise. The longer we wait, the less benefit we will get from the foods we eat.



Train hard, eat right, swim fast."

## **USA & YMCA Meet Schedule 2011- 2012**

<b>Sept. 6</b>	<b>YMCA/USA</b>	<b>Gold Plus (lanes 4,5,6)</b>	<b>begin practice</b>
<b>Sept. 26-30</b>	<b>YMCA</b>	<b>Placements &amp; Registration</b>	<b>MMD, Waterville</b>
<b>Oct. 3</b>	<b>YMCA/USA</b>	<b>MMD whole team</b>	<b>begins practice</b>
<b>TBA</b>	<b>YMCA</b>	<b>Team Photo &amp; Ice Cream Social Day</b>	<b>MMD, Waterville</b>
<b>Nov. 11</b>	<b>YMCA</b>	<b>Relay Carnival Meet</b>	<b>MMD, Waterville</b>
<b>Nov. 19</b>	<b>YMCA</b>	<b>Dual Meet (MMD vs. WCY)</b>	<b>WCY, Belfast</b>
<b>TBA</b>	<b>YMCA</b>	<b>10 &amp; under free Start &amp; Turn Clinic</b>	<b>MMD, Waterville</b>
<b>Dec. 3</b>	<b>YMCA</b>	<b>Dual Meet (MMD vs. PenBay)</b>	<b>MMD, Waterville</b>
<b>Dec. 9-11</b>	<b>USA</b>	<b>Bowdoin Open</b>	<b>Bowdoin College</b>
<b>Dec. 17</b>	<b>YMCA</b>	<b>Closed Meet (MMD, TCST, WCY, BYB)</b>	<b>MMD, Waterville</b>
<b>TBA</b>	<b>YMCA</b>	<b>MMD Aquathon-mandatory</b>	<b>MMD, Waterville</b>
<b>Jan. 7</b>	<b>YMCA</b>	<b>Dual Meet (MMD vs. LRSC)</b>	<b>MMD, Waterville</b>
<b>Jan. 21</b>	<b>YMCA</b>	<b>Dual Meet (MMD vs. PTSC)</b>	<b>PTSC, Portland</b>
<b>Jan. 28</b>	<b>YMCA</b>	<b>Closed Meet (MMD, KVY, PTSC)</b>	<b>MMD, Waterville</b>
<b>Feb. 4</b>	<b>YMCA</b>	<b>Closed Meet (MMD, KVY, TCST, NYCY)</b>	<b>KVY, Augusta</b>
<b>Feb. 5</b>	<b>YMCA</b>	<b>All Stars (those qualifying will be notified)</b>	<b>Bates College</b>
<b>Feb. 29</b>	<b>YMCA</b>	<b>MMD Psyche Party (4-5pm)</b>	<b>MMD, Waterville</b>
<b>Mar. 3-4</b>	<b>YMCA</b>	<b>YMCA State Meet</b> (swimmers will only swim one session on one day that will run about 3 hours)	<b>UMO, Orono</b>
<b>Mar. 11</b>	<b>YMCA</b>	<b>Applebee's Fundraiser</b>	<b>Waterville</b>
<b>Mar. 15-18</b>	<b>USA</b>	<b>USA Championships (qualifying times)</b>	<b>TBA</b>
<b>TBA</b>	<b>YMCA</b>	<b>Y New England's (qualifying times)</b>	<b>Harvard University</b>
<b>TBA</b>	<b>YMCA</b>	<b>MMD Awards Night</b>	<b>Waterville</b>
<b>Mar. 29-31</b>	<b>USA</b>	<b>Zones (qualifying times)</b>	<b>Webster, NY</b>
<b>Apr. 2-5</b>	<b>YMCA</b>	<b>National Championships (SC)</b>	<b>Greensboro, NC</b>
<b>Jul. 23-27</b>	<b>YMCA</b>	<b>National Championships (LC)</b>	<b>Atlanta, GA</b>

**Please check our team website often for changes, cancellations and updates to this schedule**



# October 2011



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> registration
<i>2</i>	<i>3</i> <b>MMD swim begins registration</b>	<i>4</i> registration	<i>5</i> registration	<i>6</i> registration	<i>7</i> last day of registration, last day for clothing orders	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>	<i>31</i>					

