



Dolphin News

Important Dates This Month

- December 3** – Dual Meet @ HOME
December 8-10 – Aquathon
December 9-11 – USA Bowdoin Open
December 17 – Closed Meet @ HOME
December 24-26 – Alford Center Closed for Christmas, no practice
December 31-January 2 – Alford Center Closed for New Year, no practice

Important Info & Updates

- The Dec 3 meet is a split meet format.
- There will be no Little Dolphins, Bronze 1 & Bronze 2 practice on Dec 3.
- Keep working on getting pledges for the Aquathon.
- The Dec 17 meet is a split meet format.
- A limited number of team t-shirts are available for purchase at \$12 each.

Meet Times

Our next home meet is Saturday, December 3. It'll be a split meet, which means two sessions. **Session I** is for 10 & under aged swimmers. Warm-up begins at 9:00 a.m., and the meet starts at 10:00 a.m. Please be at the Alford Center by 8:45 a.m. so you are ready to swim at 9:00 a.m. **Session II** is for 11 & older swimmers. Warm-up begins at 1:00 p.m. with a start time of 2:00 p.m. Please be at the Alford Center by 12:45 p.m. so you are ready to swim at 1:00 p.m.

Aquathon

The MMD Aquathon will take place on December 8, 9 & 10. It will be held during practice times on December 8 & 9, and from 9:00-11:00 a.m. on December 10. Pledge money is due JANUARY 9, 2012. Pledge money MUST be turned in NO LATER THAN January 9 to be eligible for top-earner prizes. Prizes include:

Cash prizes: \$150, \$100, \$75, \$50 and \$25

Remote Control Cars Party from Granite Leisure Time – value: \$220

Alford Youth Center Pool Party (1 hour pool time, 1 hour party room) – value: \$125

2 Flagship Cinemas Passes – value: admit one, not valid for IMAX, 3-D or special events (each pass)

2 Regal Cinemas Passes – value: admit one, not valid for IMAX, 3-D or special events (each pass)

4 Sparetime Recreation Coupons – value: one free game of bowling per person per day (each coupon)

Cappza's Pizza Coupon – value: 1 large single topping pizza

Dairy Queen Gift Card – value: \$15

Mr. Paperback Gift Card – value: \$5

Be the top earner and you'll get first pick of the prizes. After the top earner has selected, the next highest earner gets to choose and so on until all prizes have been awarded. Prizes will be awarded poolside within a few days after the January 9 deadline.

Cancellations

If your swimmer signed up for a meet but then needs to cancel, PLEASE call or text **Coach Beth at 242-1208** to let her know. We need to scratch that swimmer from the meet roster so reseeding can take place. Additionally, if your swimmer was scheduled to swim a relay, we need to rearrange another swimmer's events to cover that relay position.

YMCA & USA

CONGRATULATIONS TO MMD SWIMMERS WHO PARTICIPATED IN THE WCY MEET ON NOVEMBER 19

Great job to everyone who participated in the meet at the Waldo County YMCA! The Mid Maine Dolphins came in first place with a combined team score of 593 points. Our swimmers did a wonderful job with many top three finishes, and even more personal best times! Results are posted on the website.

'X' MEANS EXHIBITION

You may have noticed an 'x' next to your swimmer's event in our meet results. This stands for an exhibition swim. Swimmers can legally only swim three events at a YMCA meet. If for some reason your child is slated to swim a fourth event (perhaps someone has scratched from the meet and we need to fill the relay position or the coach finds that the swimmer needs to participate in an extra swim to get an updated seed time for an upcoming championship), then one of the swims will be deemed an exhibition swim. Regardless of how well the swimmer may place in an exhibition swim, the Dolphins will not receive points for that swim nor will the swimmer receive a placement ribbon; however, the time achieved is recognized for the swimmer and will be listed as the swimmer's new seed time for the next meet if it is a personal best.

HIGH SCHOOL SWIM MEETS & MMD PRACTICES

There are a few dates in December and January when local high schools have swim meets at the Alfond Center pool during the time MMD holds practice. The schedule below indicates the changes to the MMD practice schedule based on these meets. Coaches will clarify and put out additional info as necessary, and we'll send out updates to the schedule by email.

12/9/11	5:30	WTVL v. EL	3:30-5:30 MMD practice
12/16/11	5:00	WINS v. ST DOM	3:30-5:00 MMD practice
	7:00	WTVL v. ERSK	
12/20/11	7:00	MESS v. CONY	3:30-7:00 MMD practice
12/30/11	3:00	MESS v. EL	Option for day practices TBD by coaches
	5:00	WINS v. BELF	
	7:00	WTVL v. LEW	
1/3/12	7:00	WINS v. CAM	3:30-7:00 MMD practice
1/6/12	7:30	WINS v. ERSK	Normal MMD practice
1/13/12	7:30	MESS v. WINS	Normal MMD practice
1/20/12	3:00	WTVL v. BRUNS	5:30-7:30 MMD practice TBD by coaches
1/27/12	3:00	WINS v. WTVL	5:30-7:30 MMD practice TBD by coaches

MMD WEBSITE

Remember to visit our website at www.midmainedolphins.com. You will find answers to most of your questions here, to include: meet information, directions to away meets, meet results, swim news, archived newsletters, weather cancellations, and more!

USA BOWDOIN OPEN

Remember this is a championship meet. Please familiarize yourself with the rules. If you are working or swimming in the meet, please be there 30 minutes prior to your session time, wait for the group ahead of you to clear, then go on deck.

USA & YMCA Meet Schedule 2011- 2012

Sept. 6	YMCA/USA	Gold Plus (lanes 4,5,6)	Practice begins
Sept. 26-30	YMCA	Placements & Registration	MMD, Waterville
Oct. 3	YMCA/USA	MMD whole team	Practice begins
Oct. 23	USA	Haunted Hat	HSC, Bangor
Nov. 12	YMCA	Relay Carnival Meet	MMD, Waterville
Nov. 13	YMCA	MMD Team Photo & Ice Cream Social	MMD, Waterville
Nov. 19	YMCA	Dual Meet (MMD vs. WCY)	WCY, Belfast
Dec. 3	YMCA	Dual Meet (MMD vs. PenBay)	MMD, Waterville
Dec. 8-10	YMCA	MMD Aquathon-Mandatory	MMD, Waterville
Dec. 9-11	USA	Bowdoin Open	Bowdoin College
Dec. 17	YMCA	Closed Meet (MMD, TCST, WCY, BYB)	MMD, Waterville
Jan. 7	YMCA	Dual Meet (MMD vs. LRSC)	MMD, Waterville
Jan. 21	YMCA	Dual Meet (MMD vs. PTSC)	PTSC, Portland
Jan. 28	YMCA	Closed Meet (MMD, KVY, PTSC)	MMD, Waterville
Feb. 4	YMCA	Closed Meet (MMD, KVY, TCST, NYCY)	KVY, Augusta
Feb. 5	YMCA	All Stars (those qualifying will be notified)	Bates College
Feb. 29	YMCA	MMD Psyche Party (4-5pm)	MMD, Waterville
Mar. 3-4	YMCA	YMCA State Meet (swimmers will only swim one session on one day that will run about 3 hours)	UMaine, Orono
Mar. 11	YMCA	Applebee's Fundraiser	Waterville
Mar. 15-18	USA	USA Championships (qualifying times)	TBA
TBA	YMCA	Y New Englands (qualifying times)	Harvard University
TBA	YMCA	MMD Awards Night	Waterville
Mar. 29-31	USA	Zones (qualifying times)	Webster, NY
Apr. 2-5	YMCA	National Championships (SC)	Greensboro, NC
Jul. 23-27	YMCA	National Championships (LC)	Atlanta, GA

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



December



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3 Dual Meet @ HOME
4	5	6	7	8 AQUATHON	9 AQUATHON USA BOWDOIN OPEN	10 AQUATHON USA BOWDOIN OPEN
11 USA BOWDOIN OPEN	12	13	14	15	16	17 Closed Meet @ HOME
18	19	20	21	22	23	24 No Practice – Y Closed Christmas Eve
25 Christmas	26 No Practice – Y Closed	27	28	29	30	31 No Practice – Y Closed New Year’s Eve

