

Terrapin Masters Newsletter, Sept 24, 2007

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1. Greetings, Terrapin Masters and friends,

At the Terrapin Masters team meeting on 9/22, part of our discussion revolved around increased team communications, and the group recommended we circulate a team newsletter via email on a pretty frequent basis.

Content of the newsletter would vary and would be used primarily as a tool to let everyone know what is going on with the team, inside and outside of the pool. As part of the “outside the pool” portion, we would like to include news of our teammates – be it career moves, new child, engagement, other sporting results, etc. Meghan Gibbons and myself (Jeff Strahota) have volunteered to be the point persons for this newsletter. Please feel free to share your good news with either of us on deck or via email (see bottom of email)!

2. New Terrapin Masters Board

Thank you to Diana Corbin, Andy Ellis, Michael Lee, Jim Nealis, and Carolyn Voorhees for serving us the last two years.

Your new board members are: Mary Beth Bauer, Andy Ellis, Meghan Gibbons, Jim Nealis and Jeff Strahota.

Bill Shipp will continue to provide legal guidance to the board, and Allyson Adams has volunteered to be the team social chairperson.

3. United States Masters Swimming

Terrapin Masters operates under the auspices of a national governing body, United States Masters Swimming, and our local regional committee, the Potomac Valley LMSC. USMS was formed to provide workouts, competitions, clinics and workshops for all adult swimmers – fitness, triathlete, competitive, non-competitive - who are dedicated to improving their fitness through swimming.

By being a member of Terrapin Masters, our team has the ability to participate in a variety of USMS-sponsored programs throughout the year. We all get SWIM magazine monthly, but on top of that, the USMS website (www.usms.org) has a bevy of additional health news articles, fitness studies, sample workouts and many other tools and resources we can use individually and collectively.

4. Terrapin Masters Upcoming Practice Schedule:

Monday 9/24 – 6:30-8:00p
Tuesday 9/25 – 6:15-7:45a
Wednesday 9/26 – 6:30-8:00p
Thursday 9/27 – 6:15-7:45a
Thursday 9/27 – 6:30-8:00p
Saturday 9/29 – 10:30-noon

Monday 10/1 – 6:30-8:00p
Tuesday 10/2 – 6:15-7:45a
Wednesday 10/3 – 6:30-8:00p
Thursday 10/4 – 6:15-7:45a
Thursday 10/4 – 6:30-8:00p
Saturday 10/6 – 10:30-noon ** FOOTBALL GAME vs Ga. Tech (game-time TBA) **

Please be aware that we DO have a practice on football Saturdays. On-Campus parking is limited, and you may have to pay for a close-by space. Free parking may be available near South Campus, across Rte. 1 by Frat Row, and on the shoulder of 193 (if they're allowing that).

5. Terrapin Masters Meeting Minutes, 9/22

Meeting Minutes are being finalized and will be posted on the team website, www.terrapinmasters.org, by this weekend.

6. TM Newsletter Info

Thank you for reading the Terrapin Masters newsletter, compiled and edited by Jeff Strahota & Meghan Gibbons. Please pass along your news and requests for stories!

Jeff – jstrahota AT usms DOT org

Meghan – gibbons.meghan AT gmail DOT com

If you wish to be removed from the Terrapin Masters Listserv, please contact Cheryl Wagner via email at cherylw AT crosslink DOT net.

Read online @ www.terrapinmasters.org