

Terrapin Masters Newsletter, November 30, 2007
Read online at www.terrapinmasters.org/newsletter.htm

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1. Terrapin Masters Events

Terrapin Masters is sponsoring two events in December.

1. Sunday December 16 is the AntiSwim, aka the 25th Annual 1000/1650 meet. The meet will be at Fairland Aquatic Center, starting at 8am. Please consider attending and/or volunteering! TIMERS ARE NEEDED!!! Food will be provided!
2. Swim in the New Year is Monday December 31, from 10am-2pm at the ERC. We have the facility all to ourselves! Come join us for a workout of 2008 yards x 1,2,3,4,5! The distance can be swum in any manner! Please consider attending and/or volunteering! Food will be provided!

Please visit our website (www.terrapinmasters.org and click on “Events”) for more detailed information for each of these events!

2. Teammate news

Stephanie Hutchins and husband Brian ran the Turkey Chase 10k in Bethesda over the holiday.

Jane Strachan is returning state-side mid-December after 4 months in Sudan. We expect her back in the water!

A nod to those who surmounted the first big hurdle of the 4.4 Mile Chesapeake Bay Swim: getting in! Most of you know that the swim has become so popular that a lottery randomly picks those who get to swim: Courtney Busch (maiden voyage), Diana Corbin, Meghan Gibbons, Autumn Sample, Carolyn Voorhees, Cheryl Wagner, Bill Conroy, Michael Lee, Bill Shipp, and Jeff Strahota all pulled lucky numbers this year. Sorry to those who missed out this year. The one-mile Bay swim opens Monday Dec. 10 – until 450 slots are filled. No lottery. Visit the Lin-mark site for details: <http://www.lin-mark.com/>

3. Registration

A reminder that November and December are a great time to get your registration renewed for 2008! Please complete your registration forms and give to Jim Nealis, or mail them in, as soon as possible!

USMS Registration fees have increased to \$37. \$12 supports the Potomac Valley LMSC (hosting meets, Swimmers Ear newsletter, etc.); \$8 supports your subscription to Swimmer magazine; and \$17 goes to USMS administrative costs. The \$5 increase is to USMS's administration portion, which supports a new executive director and covers the cost of several new programs.

If you haven't done so recently, please check out the USMS website for a wealth of information, ideas, programs, services and other things you may find useful! www.usms.org

4. Terrapin Masters Board

Your new Terrapin Masters Board met in November to formalize our structure and set some future business. Andy Ellis will continue in his role as President. MaryBeth Bauer is Vice President. Jim Nealis will remain the team Treasurer. Meghan Gibbons is the new Secretary and Jeff Strahota is Vice President of CRS Relations.

Please feel free to let us know how we can help make Terrapin Masters better for you – we are available on deck and via email. A full recap of the meeting will be posted online at www.terrapinmasters.org.

5. Upcoming Practice Schedule

Saturday 12/1 – 10:30-noon

Monday 12/3 – Saturday 12/8 – All practices cancelled this week due to USOC renting the ERC facility for the Paralympic Swim Meet. Check out the Potomac Valley website (www.pvmasters.org) for some alternate places to swim, or come by and check out some amazing and inspiring athletes! Competition takes place December 6-8.

Monday 12/10 – 6:30-8:00p

Tuesday 12/11 – 6:15-7:45a

Wednesday 12/12 – 6:30-8:00p * UMD Basketball vs Ohio, 8pm @ Comcast Center

Thursday 12/13 – 6:15-7:45a

Thursday 12/13 – 6:30-8:00p

Saturday 12/15 – 10:30-noon

Monday 12/17 – 6:30-8:00p

Tuesday 12/18 – 6:15-7:45a

Wednesday 12/19 – 6:30-8:00p

Thursday 12/20/2007 – Wednesday 1/2/2008 – All practices cancelled due to graduation and winter break. The ERC will be closed for a week and a half beginning 12/22, with the exception of the New Years swim on 12/31.

Please be aware that we do have a practice on nights when there is a Men's basketball game. On-Campus parking is limited, and you may have to pay for a close-by space. Free parking is available at ~10 minute walking distance from the ERC - Lot 1 is recommended. There are only two other Men's games that will generate parking problems this year.

Maryland Basketball schedules are available online:

<http://umterps.cstv.com/sports/m-baskbl/sched/md-m-baskbl-sched.html>

6. UM Varsity Swim Meets

There are no UM Varsity meets in December. There will be two meets in January – UM women vs. Richmond Sat 1/12; UM vs. NC State Sat 1/26. Please consider coming to cheer or help time at these meets.

7. Upcoming 2007 USMS Meets & Events

Dec 1, 2007: Carol Chidester Memorial Swim Series;
Towson University, Towson MD;

<http://maryland.usms.org>

Deck Entry

Dec 7-9, 2007: Colonies Zone SCM Championships Rutgers
University Rec Center, Piscataway, NJ ;

http://recreation.rutgers.edu/Content/SCM_Colonies_Zone_Championship.asp

Psych Sheets are up!

Dec 14-16, 2007: New England LMSC SCM Championships
Boston University Rec Center, Boston, MA ;

<http://www.greatbaymasters.org/07scmchamp.php>

Entries due in hand Wednesday 11/21/07 (late entry by 12/8). Online entries encouraged.

December 16, 2007: AntiSwim 1000/1650, Hosted by Terrapin Masters
Fairland Aquatic Center, Laurel MD

www.terrapinmasters.org/meet1000.htm

Pre-Entry by December 4; Deck Entry permitted

December 31, 2007: Swim in the New Year w/ Terrapin Masters
Eppley Recreation Center @ UMD, College Park MD

www.terrapinmasters.org/ny2008.htm

Pre-Entry and Deck Entry.

Jan 19, 2008: Carol Chidester Memorial Swim Series;
Annapolis Olympic Swim Center, Annapolis MD

<http://maryland.usms.org>

Deck Entry

Jan 27, 2008: Alexandria Masters Tropical Splash
George Washington Rec Center, Alexandria VA

<http://www.alexandriamasters.com/meet/index.htm>

Entries due in hand by Tuesday January 22, 2008.

Feb 9, 2008: Carol Chidester Memorial Swim Series;
Severna Park YMCA, Severna Park MD
<http://maryland.usms.org>
Deck Entry

For a full listing of events, including Triathlons, and Open-Water events, surf over to our team website (www.terrapinmasters.org) and click on "Events."

8. Terrapin Records Update

It has been some time since we have updated the Terrapin Masters team records, and we have been busy in the last couple of years. All three courses have been updated. Check out the files on our website (www.terrapinmasters.org, click on "Top Ten and Team Records").

Long Course Meters (50m, summer)

Jeff Strahota has lowered his old 800 Free standard to under 10 minutes for Men 25-29.
Cassandra Carmichael has left her mark all over the Women's 40-44 age group, establishing new records in the 100 & 200 free, 100 & 200 back, and the 200 IM.
In the 45-49 age group, Debbie Morrin-Nordlund entered that age group with a vengeance, establishing a new team record in the 100 Breast. Over on the Men's side, Curt Reynolds made some headway in his quest to own all the Men's records in his age group by adding the 400 and 800 free to his collection.
Cheryl Wagner likewise has her sights set on the Women's 55-59 age group, and now owns 6 team records in the 50, 100, 200, 400 and 1500 free as well as the 50 back.
In the Men's 60-64 group, Bill Conroy, known for his 4.4 mile Chesapeake Bay prowess, has ventured pool-side to set team records in the 50, 100, 200, 400 and 800 freestyle.

Relays:

There were 6 new team relay records established this summer:

Women 120-159 200 Medley Relay: Mollie Grover, Courtney Busch, Autumn Sample and Cheryl Wagner

Men's 120-159 200 Free Relay: Bill Shipp, Noble Jarrell, Todd Whitehead and Jeff Strahota

Men's 120-159 400 Free Relay: Craig Dewing, Jeff Strahota, Noble Jarrell, Mike Lee

Mixed 120-159 200 Free Relay: Mollie Grover, Pete Machado, Autumn Sample, Andy Ellis

Mixed 160-199 200 Free Relay: Eric Nordlund, Debbie Morrin-Nordlund, Cheryl Wagner, Mike Lee

Short Course Yards (25y)

Mollie Grover lowered her 200 back team record with a strong finish at 2007's Nationals.
Mike Goodison made his presence felt in his new age group, lowering the team standards in the Men's 35-39 50, 100 & 200 breast, 100 fly and 100 IM. As a sign that he's still getting better with age, his 50 breast, 100 fly and 100 IM were all faster than his 30-34 team standards.
New teammate Gretchen Ekstrom showed her versatility by setting 7 new team records in the Women's 40-44 200, 500 & 1000 free, 50, 100 & 200 back and the 400 IM.

In the Women's 45-49 age group, Carolyn Voorhees put her stamp on that age group, showing she's still got a lot of sprinting left to do, and established new records in the 100 free, 50 fly and 100 IM.

On the men's side of 45-49, Curt Reynolds filled out the men's records with a 2:17.24 200 fly in January. New teammate Glenn Mills set a trio of new standards in that age group this fall with some impressive performances in the 50 & 100 Breast and 100 IM.

Relays:

There were two 25+ Mixed relays that set new team standards this spring:

200 Medley Relay: Jeff Strahota, Mike Goodison, Autumn Sample and Gretchen Ekstrom

400 Medley Relay: Mollie Grover, Courtney Busch, Noble Jarrell and Jeff Strahota

An update for the Short Course Meters Records will be provided in an upcoming newsletter.

9. 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!

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Read online @ www.terrapinmasters.org/newsletter.htm

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