

Terrapin Masters Newsletter, April 2008

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

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1. Terrapin Team News

Congratulations to Terrapins Mollie Grover and Glenn Mills who achieved FINA Masters Top 10 World Rankings in 2007! Mollie made it in the 200 backstroke in both SCM (7th) and LCM (9th) courses. Glenn is ranked 3rd in the 50, 100 and 200 SCM Breast as well as 4th in the 200 IM. Congrats on your World Rankings!! More on their swims in the Terrapin SCM Records Update.

Cheryl Wagner has been a Terrapin Masters member for 15 years as of February!

Diana Corbin was pictured and quoted in the latest issue of USMS Swimmer Magazine for her Catalina Channel relay swim!

Hilary Sullivan is leaving us for a career move to Boston. Being a New-Englander, this is also a chance for her to be closer to home. All the best, Hilary, and you are always welcome to drop in when you are in town!

Barney Lynch says hello from med school in San Antonio.

Do you have any news to share with us? Please see or email Meghan or Jeff and we'll be happy to spread the good news!

2. Team Social Recap

Thanks to Allyson Adams for organizing the team social last month at Austin Grill. Several of us met up for dinner and an adult beverage (or two) to chat about all things swimming and otherwise.

Also, it is a Terrapin Masters team tradition to go to breakfast/brunch after Saturday morning practice. See Allyson on deck and she will let you know where the team is headed.

If you have any ideas or requests for future events, please email Allyson at allysonmarieadams AT yahoo DOT com.

3. Short Course Meters Record and Meet Update

(Thanks to Mollie Grover and Courtney Busch for your contribution!)

The Terrapins have had a very successful short course meters season breaking several older records and setting a ton of new records. Our two big SCM meets were SCM Zones at Rutgers and the Albatross Open at Montgomery Aquatic Center in Bethesda.

The 2007 Colonies Zone SCM Championship was held at Rutgers University in New Jersey. It was a very successful meet for the Terrapins, who broke three national records - Glenn Mills in the men's 45-49 100 and 200 breast and the mixed 120-159 800 free relay team of Mollie Grover, Gretchen Ekstrom, Jeff Strahota, and Andy Ellis. Congratulations on breaking into the National records! (These were obviously also new team records too!) Other (team) record breaking swims at the meet were clocked by Mollie in the women's 25-29 100 back, Mike "Goody" Goodison in the men's 35-39 100 fly and 100 IM, Gretchen in the women's 40-44 200 and 400 free and 50 and 200 back, and Glenn in the men's 45-49 50 breast and 200 IM.

At the 2008 Albatross Open, two of our newest meet swimmers, Jill Williams and Andrew "Old Salt" Zitnay, set new standards in their respective age groups. Jill now dominates the women's 30-34 age group with records in the 100 and 200 breast, 100 fly, and 100 IM whereas Andy cleaned up in the men's 60-64 age group, setting new standards in the 50 and 100 free and 50 fly. Congrats to the newbies!

Among the oldies but still goodies, Deb Morrin-Nordlund continues to sweep the women's 45-49 age group, adding the 100 back and 50 breast to her repertoire, Cheryl Wagner now owns the 50, 200, and 400 free in the women's 55-59 age group, and Goody broke two of his own records in the 50 and 100 breast. Great job and keep breaking those records!!

While the Terrapins cleaned up well in the individual events, we had two record setting relays. First, the "old salts" aka Courtney, Cheryl, Steve Payne, and Andy set a new record in the mixed 160-199 200 free relay and pretty much smoked the rest of the competition in the pool. And for the younger crowd, Jeff, Jill, Goody, and Gretchen set a new record in the 120-159 mixed 200 Medley relay replacing one from 2006.

We've got two more big SCM meets this year - one this summer at our home pool (IGLA Championships in June) and the Colonies Zone SCM Championship in December (again at Rutgers University).

4. April Practice Schedule

Monday 3/31 – 6:30-8:00p

Tuesday 4/1 – 6:15-7:45a

Wednesday 4/2 – 6:30-8:00p

Thursday 4/3 – 6:15-7:45a

Thursday 4/3 – 6:30-8:00p

Saturday 4/5 – 10:30-noon

Monday 4/7 – 6:30-8:00p

Tuesday 4/8 – 6:15-7:45a

Wednesday 4/9 – 6:30-8:00p – Cancelled due to Water Polo match

Thursday 4/10 – 6:15-7:45a

Thursday 4/10 – 6:30-8:00p
Saturday 4/12 – 10:30-noon – Cancelled due to Water Polo Tournament

Monday 4/14 – 6:30-8:00p
Tuesday 4/15 – 6:15-7:45a
Wednesday 4/16 – 6:30-8:00p
Thursday 4/17 – 6:15-7:45a
Thursday 4/17 – 6:30-8:00p
Saturday 4/19 – 10:30-noon

Monday 4/21 – 6:30-8:00p
Tuesday 4/22 – 6:15-7:45a
Wednesday 4/23 – 6:30-8:00p
Thursday 4/24 – 6:15-7:45a
Thursday 4/24 – 6:30-8:00p
Saturday 4/26 – 10:30-noon

Monday 4/28 – 6:30-8:00p
Tuesday 4/29 – 6:15-7:45a
Wednesday 4/30 – 6:30-8:00p
Thursday 5/1 – 6:15-7:45a
Thursday 5/1 – 6:30-8:00p
Saturday 5/3 – 10:30-noon

5. Upcoming USMS Meets

April 11-13, 2008: Colonies Zone SCY Championships
GMU, Fairfax VA
<http://www.patriotmasters.org/Colonies.April.2008.Entry.pdf>
Entries due with March 29 postmark.

May 1-4, 2008: USMS SCY Nationals
University of Texas, Austin TX
<http://www.usms.org/comp/scnats08/meetinfo.php>
Online entry by 11:59pm CDT April 3, 2008; Mail, received by March 27, 2008.

June 18-22: IGLA Championships, hosted by DCAC
University of Maryland, College Park
<http://www.igla2008.org>
Late entries due by June 1.

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

6. Terrapin Masters Summer Meet

Mark your calendars! Terrapin Masters will be hosting our annual summer Long Course Meters meet in August, on Saturday/Sunday August 23-24. This will be one of the last LCM meets of the summer and should attract swimmers from around the country.

If you are interested in attending as a participant or volunteer, please get in touch with Meet Director Jeff Strahota.

7. Terrapin Masters Board notes

The Terrapin Masters Board will be meeting at 0930 before practice on April 19 to discuss, among other things: survey results and donation policies. Drop by to see your board in action!

8. 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

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.