

Terrapin Masters Newsletter, May 6, 2008

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

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Teammate News

Pregnancy News!

MaryBeth Bauer and Felix Martinez are excited to announce that they are expecting a baby girl on September 26! They are gladly accepting recommendations for names.

Former teammates/ coaches Drew and Petra Martin are expecting their first-born in June! Petra is coaching George Mason University's swim team, and Drew is starting a private practice. Both are still swimming.

Have you been promoted or finally gotten that new degree, or have other personal items/accomplishments to report? If you would like to share your good news with the team, please send a quick e-mail to Jeff and/or Meghan so we can include your news in our next team newsletter!

Practice Schedule:

Afternoons: Monday, Wednesday and Thursday 6:30-8pm

Mornings: Tuesday and Thursday 6:15-7:45am

Saturday: 10:30am-12 noon.

CRS is in the process of finalizing schedule adjustments for the coming months. Please stay tuned, and as they are announced, they will be sent out via email to the Terrapin Masters members listserv.

Some dates to keep in mind:

Finals begin May 15th. Metered parking will be limited as meters become reserved for dorm move-out. Additional restrictions may be in place for Graduation – the Main Graduation Ceremony is Thursday, May 22.

June 18-22 – IGLA Championships

July 10-13 – Potomac Valley Junior/Senior Championships

July 28-Aug 1 – YMCA LC Nationals

Terrapin Social Life

Special thanks to Allyson Adams for putting together team social events throughout the year.

It is Terrapin Masters team tradition to go out for breakfast after Saturday morning's workout – see Allyson Adams on deck at practice for location.

Dinner, May 16, 6:30 pm at the 94th Aero Squadron. It's a great little place if you have never been there... lots of character. It's a bit hidden but about a 5 min. drive from our pool. If the weather is nice we can even sit outside.

<http://www.angelfire.com/md2/CGS94th/>

May 17 – Gateway to the Arts Open Studio Tour with host, Terrapin Masters teammate Crisley McCarson. 12:00pm to 5:30pm. 3804 38th St. (Route 208, Just off of Route 1)
RSVP via cell-240-643-8548 or email crisley@crisleysart.com

Calling all Terrapin Masters Triathletes and Runners

Are you participating in an event this spring or summer? If you would like to share your results with the team, please send your results to Jeff and/or Meghan so we can broadcast in our next team newsletter! Your results could help peak the interest of someone looking to branch out and try something new or expand their swimming horizons.

Upcoming Meet Schedule

To see a full listing of events, including non-USMS sanctioned events, road races and multi-sport events, surf over to our website at www.terrapinmasters.org and click on “events.” Info for Cheryl Wagner's Potomac River Swim is also there.

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

June 28: Maryland Masters Summer Swim Series
Big Vanilla, Pasadena MD – SCM
<http://maryland.usms.org>
Deck entries only

July 12,13: Maryland Masters Summer Swim Series
Easton, MD – SCM
<http://maryland.usms.org>
Deck entries only – Distance events July 12 only

August 9: Maryland Masters Summer Swim Series
UMBC, Catonsville, MD - LCM
<http://maryland.usms.org>
Deck entries only

August 14-17: USMS LC Nationals
Mount Hood CC, Mount Hood Oregon
<http://www.usms.org>

August 23-24: Terrapin Cup/ Colonies Zone LCM Championship
University of Maryland, College Park MD
<http://www.terrapinmasters.org>

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.

Late-Edition Addition - USMS Nationals Recap

Teammates Andy Ellis, Bill Shipp, Mike Goodison, Mollie Grover, Jeff Strahota and Pat Murtagh joined the 1800+ Masters Swimmers from all across the U.S. who participated in the 2008 USMS Short Course National Championship, held May 1-4 at the University of Texas in Austin. The meet featured plenty of Longhorn (and Olympic) alums, and saw plenty of USMS records fall. Your Terrapin Masters contingent had a great meet, swam in a pair of relays and had a wonderful time in Austin. Special thanks go to Charlie Hoffman and Swim Pro for helping outfit the team.

Pat Murtagh is one of Bill's teammates from High School, as well as a UMD grad, and joined the team from Montana for the chance to swim with an old friend (also, his UMD coach was Charlie Hoffman). He had an incredible meet, setting a plethora of new team records and establishing a new set of personal bests, including an incredible 1650 free, with a time of 19.56.54.

Bill continued to set new personal bests, including coming oh so close (2:00.81) to breaking the 2 minute barrier in his 200 free, showing us that he's still got a lot of gas left in his tank!

Andy started the meet off his meet with a huge time drop in the 400 IM (4:37.14) and continued a tear of fast swims as the meet went on.

Mike capped a year of incredible performances with several awesome swims, lowering all his current breaststroke team records, including a Masters lifetime best 27.64 in his 50 breast.

Despite showing us her inner sprinter earlier this season, Mollie did not disappoint in her staple 200s free and back, including an amazing "come-from-behind" 8th to 3rd place swim in her 1:57.53 200 free.

Jeff set personal bests in five of eight events, including his first encounter with a sub-minute 100 back, posting a 2 second drop off his lifetime best to finish in 58.77.

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](mailto:jstrahota@usms DOT org)

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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.