

Terrapin Masters Newsletter, December, 2008
Read online at www.terrapinmasters.org/newsletter.htm

Contents:

1. Team & Teammate News
2. Registration
3. Practice Schedule
4. Social Activities
5. Board Activity
6. Meet & Event Schedule
7. UMD Sports – Go Terps!
8. Newsletter Info

Team & Teammate News

Ty Jolly participated in the Men's Health Urbanathlon in NYC earlier this fall. This fun event is a combination road race and obstacle course in an urban setting, where participants navigate through things like monkey bars, jersey walls, marine hurdles and even hurdling over taxi's. <http://www.menshealthurbanathlon.com/>

Terrapin Masters is again hosting the Swim In the New Year. The ERC is open from 10-2 on December 31. Come work off some of those holiday meals! Your assistance is needed to help run this event. Please see Jim Nealis or Allyson Adams if you can help out, even if only for a couple hours. You will be able to get a workout in too! For more information, surf to: <http://www.terrapinmasters.org/NY09.htm>

Noble Jarrell is pleased to report that he finished his first Marathon in Philadelphia with a time of 3:34.28. For those of you counting, that is just 8:09 minute mile average. Way to go Noble!

Congratulations to Terrapin Top 10 swimmers! Bill Conroy (400, 800 free), Charlie Hoffman (200 breast), Mollie Grover (200 free, 100, 200 back) and Jeff Strahota (200, 400 free) and all earned USMS Top 10 times with swims from the 2008 Long Course Meters season. Mollie also achieved a USMS All-American award in the 200 back, an award given to the person with the fastest time in their age group in a season. Congratulations Bill, Charlie, Mollie and Jeff!

Jeff Strahota was selected to a position on the USMS Marketing Committee.

* 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!

REGISTRATION!!!

If you were registered in 2008 and provided your email address, you should have received an email from PV Registrar Jeff Roddin inviting you to register online and pay by credit card. If you have not done so already, you are encouraged to do so. If you cannot locate your original email from Jeff, and/or did not provide an email address, please contact Jim Nealis, or surf over to <https://www.clubassistant.com/club/USMS.cfm?l=10> (and be sure to select "Terrapin

Masters” as your team). If you prefer to pay the old fashioned way, please see Jim Nealis or a coach on deck.

Please note that Terrapin Masters team dues of \$10 for 2009 are also due at this time. These pay for things like team caps, annual banquet, website and listserv maintenance, etc. Jim will be passing out these forms on deck. If you are a registered member of the team, you are entitled to a free swim cap.

This is a great time to recruit new members! If you have a friend, relative or coworker who may be interested in getting into the pool, please encourage them to try out Terrapin Masters. We have a pass they can use for three free trial swims, so they can test the waters without obligation. See Jim Nealis or a coach on deck for more information.

Practice Schedule:

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

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

Saturday: 10:30am-12 noon.

All practices at the ERC Natatorium.

Upcoming practice Cancellations:

December 22, 23, 24, 25, 27, 29, 30, 31 (w/ exception of Swim in the New Year)

January 1, 3

Sat., January 10 – facility rental

Sat., January 17 – Varsity meet vs Villanova/Pitt/Penn State

As a reminder, UMD shuts down for Christmas break. This also includes the ERC. With the exception of the New Years Swim, our last practice for 2008 will be Saturday December 20, and practices will resume Monday January 5, 2009.

Terrapin Social Life

It is Terrapin Masters team tradition to go out for breakfast after Saturday morning’s workout. Please join us at either Bagel Place or Plato’s Diner on Route 1 just south of campus. See Allyson Adams on deck at practice for location.

Your assistance is needed to help run the 2008 Swim In the New Year. Please see Jim Nealis or Allyson Adams if you can help out, even if only for a couple hours. You will be able to get a workout in too! For more information, surf to: <http://www.terrapinmasters.org/NY09.htm>

Board Activity

Notes from board meetings can be found online at <http://www.terrapinmasters.org/board.htm>.

Board Elections for 2009 will be held soon. If you’d like to lend your time to support the team as a board member, please consider tossing your hat into the ring. Stay tuned for more info and election date.

Deb Morrin-Nordlund, Eric Nordlund and Jeff Strahota represented Terrapin Masters and Potomac Valley at the US Aquatic Sports Conference in September. Jeff's notes from the meetings and workshops attended at conference are up on the website, click on "Terrapin Board."

Upcoming Swim Event 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."

December 5-7 – Colonies Zone SCM Championships @ Rutgers
Entries were due November 26.

December 20 - MD Masters Swim Series #3 @ Catonsville YMCA
** NEW DATE AND LOCATION **
Online Entries Only, before 9pm 12/19
www.mdusms.org for more info

December 31 – Terrapin Masters Swim in the New Year @ UMD
Pre and Deck entry
<http://www.terrapinmasters.org/NY09.htm>

January 17 – MD Masters Swim Series #4 @ Arundel Olympic Swim Center (aka Riva)
Online Entries Only, before 9pm 1/16
www.mdusms.org for more info

February 1 – ALEX Tropical Splash meet @ GW Rec Center
Entries due by Jan 27, 2009
<http://www.alexandriamasters.com/meet/index.htm> for more info

UMD Sports Schedules & Parking Update

UMD Men's & Women's Swimming schedules for 2008-09 have been released. Please consider coming out to watch, time or officiate these meets and support the team and our coaches!

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

<http://umterps.cstv.com/sports/w-swim/sched/md-w-swim-sched.html>

If you are interested in checking out some world class aquatic events, UMD is hosting the 2009 ACC Swimming and Diving Championships – women Feb 18-21; men Feb 25-28 – as well as the 2009 Women's NCAA Water Polo Championship May 8-10.

Football – The Terps suffered a bone-chilling 37-3 loss in their final home game against Florida State Nov. 22 in weather that would have made for a great hockey game. The Terps will go bowling sometime in late December.

Basketball – The season has started with three home wins and the Terps are looking strong in a very competitive ACC. There are only 3 week-day conflicts with practices, and 3 Saturdays that may be tight. Our only conflict for 2008 is Wed Dec 3, when UMD hosts Michigan at 7:30 as

part of the ACC/BIG 10 Challenge. Parking in most of our usual lots will be by permit only, so please plan accordingly.

http://grfx.cstv.com/photos/schools/md/sports/m-baskbl/auto_pdf/2009Sked.pdf

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.