

Terrapin Masters Newsletter, January 2009

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

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A warm welcome to those who are just joining us: Tom Early, Sean Dickson, Cyndy Carpenter, Tetsuaki Nakano and Malka Ostchega.

Team & Teammate News

Terrapin Masters on the Internet:

Team Website is www.terrapinmasters.org

We are also online on Facebook! If you have an account with Facebook, join up and link up to your teammates!

Watch several Terrapin Masters teammates greeting our local broadcast area:

<http://www.vimeo.com/2421016>

Travelling and looking for a place to swim? Try USMS Places to Swim

(www.usms.org/placswim/) and the online Swimmers Guide (www.SwimmersGuide.com). Our listings on both sites are up to date!

Personal news:

John Morgan was part of a group that climbed Mt. Kilimanjaro in November. No small feat in general, but to make this accomplishment more astonishing is that John is blind. Congratulations on summiting, John! Read more about John and his summit in the December 2008 PV Newsletter, *The Swimmer's Ear*.

Eight Terp teammates represented Terrapin Masters at the Colonies Zone SCM Championships at Rutgers University December 5-7 2008, and everyone set new team Short Course Meters records in at least one event! For the Terp Women, Mollie Grover had two of her fastest backstroke swims ever in w25-29, and Gretchen Ekstrom showed her versatility setting new w40-44 standards in freestyle, backstroke and IM.

On the Men's side, Jeff Strahota had several lifetime bests in the meet, and set 2 new m25-29 distance free records. In m35-39, Mike Doane sprinted to new records in the 50's free and fly, while Mike Goodison lowered his breaststroke standards again. Andy Ellis made his presence felt all over his new m40-44 age group, setting new standards with nearly every swim. In m55-59, Charlie Hoffman showed off his new LZR and set a new 50fly standard. Bill Conroy showed off the results of his many sets of 100 free pull on 1:20 by setting new standards in m65-69 freestyle events.

Keepers of the team records, Mollie Grover and Courtney Bush report that all courses are up-to-date on the website. In Long Course, Charlie Hoffman and Bill Conroy cruised to a pair of new records over the summer. In Short Course Yards, Andy Zitnay and Bill Conroy set some blazingly fast times at the 2008 Maryland State Senior Games. Mike Doane, Deb Morrin-Nordlund and Cheryl Wagner all set records in their age groups at the GMU Sprint Meet in October.

Swim in the New Year 2009 was held on Dec 31, 2008. Special thanks to Allyson Adams for leading that event for the team this year!

Coach Julie O'Brien, who has recently become engaged, will be leaving us this month, as she moves south. Please stay tuned for details on an engagement/graduation/send-off get-together .

* 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 a couple emails from PV Registrar Jeff Roddin inviting you to register. If you have not done so already, this is the preferred method for USMS registration. Follow this link <https://www.clubassistant.com/club/usms.cfm?club=TERR> to register and pay with credit card. If you prefer to pay the old fashioned way, please see team Registrar Jim Nealis or a coach on deck for forms.

Please note that Terrapin Masters team dues of \$10 for 2009 are also due at this time. Jim Nealis has forms available in person at practice, but they are also available for download on the team website's front page. If you are a registered member of the team, you are entitled to a free swim cap. These dues help pay for things like team caps, annual banquet, website and listserv maintenance, etc.

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: Practices resume Monday January 5, 2009!!!

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:

Sat., January 3 – Holiday break

Sat., January 10 – facility rental

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

Mon., January 19 – MLK day (facility special hours)
Sat., Jan. 24 – Varsity Meet vs. Richmond/Miami

The ERC Natatorium is typically busy during the first several months of the year hosting several Swim Meets and Water Polo matches/tournaments. 2009 is no exception. All cancellations through May were emailed to team members Dec. 12 and will be posted on the team website (www.terrapinmasters.org, click on “Practice Schedule”). Monthly reminders will be in this section of the newsletter.

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.

Coach Julie O’Brien, who has recently become engaged, will be leaving us this month, as she moves south. Please stay tuned for details on an engagement/graduation/send-off get-together.

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.

The board has approved a few upgrades that should be making their way to your lane soon! New fins and new paddles should begin to show up to practices this month. Our coaches have also received Terrapin Masters polo shirt that will give them a more coach-like appearance on deck.

In keeping with one of our missions to support local aquatic-related causes, the board has approved several donations for UMD teams. Recipients are the UM Varsity Swimming & Diving and Water Polo teams, as well as the UM Club Swim Team and the UM Men’s Club Water Polo Team. Our donations should go a long way in supporting these programs, whether via scholarship aid or through new equipment and meet/tournament entry fees.

Jim Nealis reports that upon receipt of our gift, UM Varsity Swim Coach Sean Schimmel was extremely excited and rounded up his swimmers to thank us. Both Club teams also expressed their gratitude for our donation. Club Swim expects to be able to attend an additional meet this spring, and Club Polo is hoping to stretch our donation into an additional tournament and new polo caps.

* If you know of a charity or group in the area who you’d like the team to support, please e-mail any board member.

Jeff Strahota’s notes from the meetings and workshops he attended at the US Aquatic Sports Conference in September are up on the website on the “Terrapin Board” page.

Upcoming Swim Event Schedule

Here are a few upcoming events to think about. 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."

January 1-31, 2009 – USMS 1 Hour Postal National Championship

We are trying to organize an opportunity for our team to participate in the 2009 USMS 1 Hour Postal Swim. This is a great fitness event where everyone swims as far as they can in 60 minutes. Distances are recorded at your home pool, mailed in and compared to others from around the country. It is one of USMS' most popular events (almost 2200 people participated in 2008), and is a great test set to see where your fitness level is. At press time, we are looking to do this as part of our January 31 Saturday morning practice. Stay tuned for more details.
<http://www.usms.org/longdist/1dnats09/1hentry.pdf>

January 1-December 31 2009 – USMS Go the Distance 2009

Track your mileage at all your swims throughout the year and see how many miles you can swim through the year! Prizes are available for purchase from USMS based on mileage milestones, and an Excel spreadsheet tracker is available for free download to help you keep track of things.
<http://www.usms.org/fitness/content/gothedistance>

CHALLENGE: Jeff Strahota and Courtney Busch were 2008's furthest-swimming Terps in GTD with 414 and 407 miles respectively – can you go further in 2009? Can you beat Courtney's 1-month high of 71 miles?

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

Feb 7 - MD Masters Swim Series #5 @ Severna Park YMCA (SPY)

Online Entries Only, before 9pm 2/6

www.mdusms.org for more info

Feb 14-15 – VMST David Gregg III Memorial Meet in @ NOVA in Richmond, VA

Entries due Feb 6; deck entries permitted as well

www.vaswim.org 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.

Basketball – The season has started and the Terps are looking strong in a very competitive ACC. Our only conflict for this month is Wed Jan 7, where 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](mailto:jstrahota@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.