

Terrapin Masters Newsletter, February 2009

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

A warm welcome to those who are just joining us: Nick Hasbrouck, Charles Clancy, Amy Miao, Mike Kirwan and Brenton Walker.

Team & Teammate News

Personal news:

Cheryl Wagner is happy to report that her house on the eastern shore is back on the ground after spending much of 2008 on stilts while the foundation was repaired and shored up.

Coaching News

Coach Julie O'Brien has officially graduated and has moved south to Jacksonville with her fiancée. Her last practices with us in January were as tough as ever.

Natalie reports that Patty DeScenza and Kunal Sakhuja will be joining Eric Cullen as our coaches for this spring. Both new coaches are Juniors at UMD and are very excited to be working with us!

Patty is studying Elementary Education while she swims for the University as a backstroke and butterfly specialist. She comes from a swimming family – both her older sisters were collegiate swimmers, and sister Mary is one of the USA's best butterflyers and current American 200 fly record-holder.

Kunal is a Civil Engineering major and longtime swimmer with a love for sprints. If he looks familiar, when not coaching, he works at the pool as a Head Guard on the lifeguard staff and has also been swimming with the UM Club Swim team.

* 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!!!

You must be registered with USMS for 2009 to continue swimming with us. 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 online. If you have not done so already, or are not sure if you have, you can follow this link:

<https://www.clubassistant.com/club/usms.cfm?club=TERR> to register for USMS as a Terrapin Masters swimmer 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:

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:

Saturday Feb. 7 – Varsity swim meet vs. Georgetown

Saturday Feb. 14 – Water Polo

Wed – Saturday Feb 18-21 – Women's ACC Championships

Wed – Saturday Feb 25-28 – Men's ACC Championships

* Note, March 7 and March 26 practices are back on! Water Polo events scheduled for those days have been cancelled.

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.

Inauguration furloughs at local businesses enabled a bipartisan crowd of Terp swimmers to head out for an impromptu post-morning workout breakfast on January 20.

Several teammates joined Coach Julie O'Brien and her fiancée Mark at Franklin's on January 21 after practice. The couple, who has recently become engaged, are moving to Jacksonville to be closer to Mark's position in the Military.

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 in the next couple of weeks. Our coaches have also received Terrapin Masters polo shirt that will give them a more coach-like appearance on deck.

Upcoming Swim Event Schedule

Here 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-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?

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

Feb 21-22 – Maryland Masters Winter Meet @ UMBC

Entries due Feb 7

www.marylandmasters.com for more info

March 1 – Delaware Valley Lyman Schermerhorn meet, Fairless Hills, PA
Entries due Feb 23

<http://www.dvmasters.org/pdf/2009lbyent.pdf> for more info

March 21 – Albatross Open SCM Meet @ Montgomery Aquatic Center, Bethesda MD
Entries due March 14 w/ limited deck entries.

www.ancientmariners.org

March 28 – MD Masters Swim Series Finale @ Big Vanilla, Pasadena MD
Online Entries Only, before 9pm 2/6

www.mdusms.org for more info

April 24-26 – Colonies Zone SCY Championships, George Mason University
Entries due by April 10

www.patriotmasters.org for more info

May 24 – Jim McDonnell Lake Swims @ Lake Audobon, Reston VA

See www.restonmasters.org or

http://www.clubassistant.com/club/meet_information.cfm?c=1107&smid=1465 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. Please consider volunteering to time at this event. There are morning (10-1) and evening (5-9) sessions each day. Please contact Jeff Strahota if you can help out.

Water Polo season is in full swing. Consider coming out to support the team when you can!

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

Also, the 2009 Women's NCAA Water Polo Championship will be held at UMD on May 8-10. Keep that on your calendar as well!

Basketball – The season has started and the Terps are looking strong in a very competitive ACC. Our last conflict for the year is Wed Feb 25 for the game against Duke, 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

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.