

Terrapin Masters Newsletter, March 2009

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

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A warm welcome to those who are just joining us: Elizabeth Lockner & Malina Kirn.

Team & Teammate News

Special thanks to all Terrapin Masters Teammates who came out to volunteer their time at the Women's and Men's ACC Swimming Championships February 18-28. Both UMD teams swam well throughout the meet, which saw many personal team, meet and conference records come tumbling down. Coaches Patty DeScenza and Eric Cullen both had great meets and achieved NCAA-B standard cut times for their efforts. Congrats, Coaches!

Terrapin Masters teammates participated in several meets in January and February, competing at meets in Annapolis, Severna Park, Alexandria, Baltimore, Richmond, and even a meet in Dallas. Participants report that the meets were successful and a good time during – and after – was had by all!

Despite the snow on the ground at press time, spring is coming soon, which means Open Water Swims, Road Races and Triathlons are just around the corner! Please share your event achievements with us in this space!

* 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!!!

This is the last notice (in the newsletter, at least) to register for USMS for 2009. Unless partaking of a trial swim period, all persons in the pool with us must be registered with USMS.

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 receive a 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 on the campus of the University of Maryland, College Park.

Upcoming practice Cancellations:

Monday, March 16 - UMD Spring Break

Tuesday, March 17 - UMD Spring Break

Wednesday, April 1 - ICA Polo (7pm)

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

Any deviations from the typical schedule are emailed to members prior to the start of each academic term and are also noted 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.

Special thanks again to all that came out to Women's and Men's ACC Swimming Championships February 18-28. Check out results:

Women: <http://www.theacc.com/livestats/c-swim/>

Men: <http://www.theacc.com/livestats/m-swim/>

If you have any suggestions for social activities, please email Allyson at allysonmarieadams AT yahoo DOT com.

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.

New fins and paddles have arrived, and additional paddles are on their way. If you would like to use these during practice, feel free to ask your coach to bring them out!

Upcoming USMS 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.”

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>

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

https://www.clubassistant.com/club/meet_information.cfm?c=1107&smid=1465 for more info.

UMD Sports Schedules & Parking Update

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 – Unless the Men’s team makes the NIT, there are no more home game conflicts. If the team does host an NIT game that conflicts with a Terrapin Masters practice, notice will be sent via email.

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.