

Terrapin Masters Newsletter, April 2009

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

Contents:

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

Team & Teammate News

Jill Williams (and husband Tom) welcomed Emilia Shea Williams into the world on April 3rd. Emilia is 8lbs 2oz and 19 inches long. Congratulations to Jill and Tom!!

Several Terrapin swimmers participated in meets in Warrenton VA, Bethesda MD, Pasadena MD and Dallas TX over the month of March. Meet recaps and record updates will appear in this space next month.

The Colonies Zone SCY Championship Meet is this month, and is being hosted about 45 minutes from UMD at George Mason University. If you plan on attending, please let Jeff know if you are available for relays and which relays you'd like to be on. Relay entry fees are paid by the team – and a fun way to compete with your teammates!

* 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.

All practices at the ERC Natatorium on the campus of the University of Maryland, College Park.

April's only cancellation is Saturday April 18 due to a Water Polo match.

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.

Coach Eric Cullen is working on his thesis – and has indicated that upon completion, he'd be more than happy to let us take him out for a "Thesis Decompression Session" after practice. Date is TBA, but likely to be the week of April 27. Stay tuned to your email for more details.

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>.

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

The board is looking into the possibility of hosting meets later this year, including a 1000/1650 meet in May. Please stay tuned for details and consider participating or volunteering!

Terrapin Masters donated \$250 to The Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins as a part of the February Fitness Frolic run by teammate Bill Conroy. The event is designed to raise funds while promoting friendly competition to swim as much as one can during the month of February. Please consider participating next year!

If you have a recommendation for a charity to support, please email one of the board members (Andy, Jeff, Jim, MaryBeth or Meghan) with some detailed. Organizations with some sort of aquatic connection are highly encouraged!

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>

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.

May 30 – Potomac River Swim

<http://artemis.crosslink.net/~cherylw/pr2009i.htm> for more details

UMD Sports

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!

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.org)

Meghan – [gibbons.meghan AT gmail DOT com](mailto:gibbons.meghan@gmail.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](mailto:cherylw@crosslink.net).