

Terrapin Masters Newsletter, May 2009

Read online at [www.terrapinmasters.org/newsletter.htm](http://www.terrapinmasters.org/newsletter.htm)

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A warm welcome to those who are just joining us: Katie DeTitta and Jessie Gallogly.

### **Team & Teammate News**

We'll lead off with some old news. A bunch of folks had a chance to meet teammate John Morgan last summer and learn about a few of his international achievements and accolades. What we didn't learn, or find out until recently thanks to the magic of Google, was that John was inducted to the Team USA Olympic Hall of Fame in 2008. Check out his blurb on the 2008 inductee page: <http://teamusa.org/content/index/3498#morgan>. Belated Congratulations, John!

USMS's most popular event is the 1-Hour Postal Swim, held every January. The goal of the event is to see how many yards you can swim in an hour. This year, there were over 2500 entrants total. Terrapins Stefanie Hutchins (2975y), Charles Clancy (3220y) and Bob Benson (3150y) all participated in the event! Congrats guys!

USMS has finalized the Top Ten rankings for 2008 Short Course Meters. Terrapin Masters placed two relays - Mixed 200 Medley (7<sup>th</sup> place with Jeff Strahota, Mike Goodison, Jill Williams and Gretchen Ekstrom) and the Mixed 400 Free (2<sup>nd</sup> place with Jeff, Mollie Grover, Gretchen and Mike) in the Top Ten. Earning individual accolades are: Mollie Grover (4<sup>th</sup> – 200 free; 5<sup>th</sup> – 50 back; 5<sup>th</sup> – 100 back; 2<sup>nd</sup> – 200 back), Jill Williams (10<sup>th</sup> – 200 breast; 10<sup>th</sup> – 200 fly), Jeff Strahota (3<sup>rd</sup> – 1500 free), Mike Goodison (8<sup>th</sup> – 50 Breast; 7<sup>th</sup> – 100 breast; 7<sup>th</sup> – 200 breast; 8<sup>th</sup> – 100 fly), Charlie Hoffman (7<sup>th</sup> – 200 breast), and Bill Conroy (10<sup>th</sup> – 400 free; 8<sup>th</sup> – 800 free; 5<sup>th</sup> – 1500 free). Congratulations to all!

April was a big month for Terrapin swimmers. Andy Ellis, Bill Conroy, Bill Shipp, Ed Edson, Jeff Strahota, Mike Goodison and Mollie Grover participated in Y-Nationals in Fort Lauderdale. Also representing the Terrapins at Colonies Zone Championship at GMU were: Mollie Grover, Courtney Busch, Donna Elshafei, Debbie Morrin-Nordlund, Cheryl Wagner, Jeff Strahota, Tetsuaki Nakano, Mike Doane, Mike Goodison, Emad Elshafei, and Bill Shipp. Tetsuaki, in his first meet ever, had some awesome time-drops in his 100 IM and 50 free! Both meets featured some fast swims and new team records, which we will find out more about in next month's newsletter.

Andy Ellis will be the lone Terrapin at USMS SCY Nationals in Fresno – Good Luck Andy!

Coach Eric Cullen has turned in and presented his senior thesis! Just a few more weeks to graduation!

Terrapin Masters is hosting a 1000/1650 meet May 9 at Fairland Aquatic Center in conjunction with MSSC. Please come out to support the meet, via volunteering your time and/or swimming!

\* 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.

May's cancellations:

All Terrapin Masters practices starting Tuesday May 5 through Saturday May 9 due to the Eppley Rec Center hosting the 2009 Women's Water Polo Final Four.

May 25 – facility closing early due to Memorial Day Holiday.

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](http://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.

Several Terrapins kept up tradition and wandered around the UMD Campus after last Saturday's practice for Maryland Day and enjoyed free food, performances, giveaways, and an otherwise Terp-riffic time!

Coach Eric Cullen finished his thesis, and to celebrate, we had a group of about a dozen Terrapins attend a "Thesis Decompression Session" after practice at Eric's favorite restaurant, Buffalo Wild Wings.

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>.

Terrapin Masters donated \$500 to the Matt Weaver Scholarship Fund. Matt was a lifeguard and member of the UM Club Swim team who was killed tragically a few years ago just after

completing his Junior year at UMD. The UM Club Swim team's Spring Invitational meet has been held in his honor in the years since, with all proceeds from the meet going to the Scholarship fund.

Terrapin Masters is hosting a 1000/1650 meet May 9 at Fairland Aquatic Center in conjunction with MSSC. Please come out to support the meet, via volunteering your time and/or swimming!

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 details. 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](http://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>

May 9 – Terrapin Masters 1000/1650 meet @ Fairland Aquatic Center, Laurel MD  
[www.terrapinmasters.org/meet1000.htm](http://www.terrapinmasters.org/meet1000.htm) for more info.

May 24 – Jim McDonnell Lake Swims @ Lake Audobon, Reston VA  
See [www.restonmasters.org](http://www.restonmasters.org) or  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1107&smid=1465](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

June 21 – Jack King Ocean Swim, Virginia Beach  
[www.vaswim.org](http://www.vaswim.org) for more info

July 11 – DCAC 18<sup>th</sup> Annual Swim for Life, Chester River MD  
[www.swimdcac.org/swim4life.html](http://www.swimdcac.org/swim4life.html) for more info

July 11 – Chris Greene Lake 1 & 2 Mile Cable Swims, Charlottesville, VA  
[www.cableswim.org](http://www.cableswim.org) for more info

July 19 – DCRP Meet, Hains Point DC  
[www.swimdcrp.org](http://www.swimdcrp.org) for more info

### **USMS.org Features**

Have you taken advantage of the many tools available to you free of charge on the U.S. Masters Swimming website, [www.usms.org](http://www.usms.org)? USMS.org is a great one-stop-shop place for a great deal of

info on adult swimming where you can find anything from Health & Fitness articles, stroke DVD rental, sample workouts, events, a place to swim when you're traveling, a discussion forum, and everything in between.

To point out a sample of a great tool, an article by Scott Rabalais titled "Using the Pace Clock" (<http://www.usms.org/fitness/content/usingthepaceclock>) provides some great tips for using the pace clock in a workout. When sets include multiple distances with multiple intervals, things can get a bit confusing for send-off's, and this is when we rely on our lane leaders to make sure we're all getting the right amount of rest and leaving at the proper time. So give this a read, and if your math skills are all that is holding you back from leading a lane, get in front!!

### **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](http://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.