

Terrapin Masters Newsletter, August 2009

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

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A warm welcome to those who are just joining us: Lesley Agress and Erin Emery!

Team & Teammate News

Terrapins are getting some good press lately! Cheryl Wagner was interviewed for an article in The Examiner about the Bay Swim, and Meghan Gibbons wrote a piece for the Washington Post Magazine also about the Bay Swim. To read the articles, see <http://www.terrapinmasters.org/CherylBayInterview.pdf> for Cheryl's interview, and <http://www.washingtonpost.com/wp-dyn/content/article/2009/07/17/AR2009071701791.html> for Meghan's article.

Coach Patty DeScenza competed in the US Swimming Nationals/World Championship Trials on July 7-11 in Indianapolis and finished 28th in the 200 fly with a time of 2:16.26. She also had a chance to Time Trial the 100 back (1:05.66) & 100 fly (1:03.93) to some really fast times. Congrats Patty!

Laura Christopher married Ted Hartman and is now known as Laura Hartman. While we're talking about Laura, she ran the Philadelphia Women's Triathlon July 11. Due to weather, it turned into a run/bike/run duathlon (1.9mi run, 17mi bike, 3.1 mi run), and Laura finished 34th overall. Congrats, Laura!

Allyson Adams participated in the Ocean City 1mi Ocean Swim on July 18, swimming to a 32:36 finishing time. Water was reported to be cool and calm – perfect conditions for a good swim!

Terrapin Masters had a great turnout at the 28th annual DCRP LC Meet at Hains Point on July 19. With the Capitol and Washington Monument in the background, we had some great swims from Steve Payne, Jeff Strahota, Cheryl Wagner, Kathy Jenko, Mollie Grover, Gretchen Ekstrom and Debbie Morrin-Nordlund. Also featured at the meet were Terrapins Jim Nealis and Eric Nordlund on the officiating crew. Congrats all!

Tetsuaki Nakano is leaving us to return to Japan. He has been with us since last summer and has really excelled since joining our program. He competed in a couple meets and a triathlon in recent months, and is looking forward to being able to continue his swimming back in Japan. Tetsuaki, best of luck to you, and we hope you are able to come back and visit with us soon!

Good luck to Mollie Grover and Jeff Strahota who will be representing Terrapin Masters at USMS Long Course Nationals August 6-10 in Indianapolis! Swim Fast!

* If you would like to share your good news and event results 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:

As you were alerted to earlier, the ERC Natatorium will be closed for scheduled maintenance starting on August 1. CRS is also taking advantage of this time to make additional repairs to the deck and saunas, but this means that the pool will now be closed until September 13.

The board is working with Coach Natalie to try to find some time and space for us to swim while the indoor pool is closed. Any updates will be emailed to the listserv and posted online (www.terrapinmasters.org, and under Workouts, click on "Schedule").

Terrapin Masters Team Shirts

You've asked for them, and they are finally here! Special thanks to teammate Charlie Hoffman, owner of SwimPro, who worked with us to get these made! Shirts are white with a red panel on both sides of the shirt, and with red trim around the neck and arm holes. Fabric is 100% polyester lightweight moisture-wicking fabric, designed to keep you cool and dry. Terrapin Masters logo is embroidered on the left breast - same logo as you've seen on the coaches polo's. For those concerned about the white shirt, it is NOT see-thru. The cost to all Terrapin Masters members is \$15. See Jeff if you're interested in purchasing one.

To see a very handsome teammate modeling the shirt, please click the following link:
<http://www.terrapinmasters.org/pix/shirt%20model.jpg>.

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.

The Team Mini Golf Outing occurred on August 1st at Bohrer Park Summit Hall in Gaithersburg. Golfers had a great time and rumor has it that Tiger Woods is going to be turning to Terrapin Masters for some putting advice.

As was mentioned earlier, Tetsuaki Nakano is leaving us to return to Japan, and we had a chance to send him off in style after practice on July 20 at Buffalo Wild Wings. Eric prepared a tough workout with some of Tetsuaki's favorite things and we re-loaded long into the evening with some great spicy chicken! We will miss you, Tetsuaki!

Allyson is looking to coordinate an outing to the Bever Dam Swimming Club, an outdoor pond in Cockeysville, MD. Date is to be determined, but check out their website for more info and stay tuned! <http://www.beverdamswimmingclub.com/index.html>

Also on the list of social activities is a trip to the Comcast Film Festival sometime between August 14 and 21. See <http://www.filmfestnih.org> for a schedule and let Allyson know what you'd like to go see!

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

Board Activity

The Board is in the process of setting up our Annual Meeting date this fall at which we will elect a new board. Please consider throwing your name in the hat to be a board member and help Terrapin Masters become even better experience for you and your teammates!

We are looking to launch one of the new features of the re-launched team website – Member Profiles. In this section, we are looking to put together a short profile of a few of our members to find out a bit more about them inside – and outside – the pool. If you have any nominations, please contact Jeff!

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>

August 6-10 – USMS LC Nationals, IUPIU Natatorium, Indianapolis
www.usms.org/comp/lcnats09 for more info

August 15 – UMBC LC Meet @ UMBC
www.mdusms.org for more info

August 22 – Pocomoke Pond Swim Meet @ Lower Shore YMCA
www.pondswim.com for more info

September 26 – DCAC Fall Swim Ball @ Wilson SHS
www.swimdcac.org for more info

October 25 – Patriot Masters Sprint Classic @ GMU
www.patriotmasters.org for more info

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.