

Terrapin Masters Newsletter, September 2009

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

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Team & Teammate News

Due to the ERC Natatorium being closed for scheduled maintenance through September 13, workouts are being held at the Outdoor Aquatic Center. For more details, surf over to the website (www.terrapinmasters.org), and under Workouts, click on "Schedule."

USMS Nationals was held in Indianapolis August 6-10. Teammates Mollie Grover and Jeff Strahota were the lone representatives from Terrapin Masters. Both swam near or better than personal best times – and each came home with two team records (Mollie in the 50 and 200 back; Jeff in the 200 and 400 free). The two helped Terrapin Masters finish 41st out of 110+ teams in the Club Team division.

Deb Morrin-Nordlund, Eric Nordlund, Jeff and Mollie all attended the UMBC Summer LC Meet held on August 15. On the beautiful morning, Deb and Eric both set some new team records.

Meghan Gibbons has been published in a book is called "The War on Terror and American Popular Culture: September 11 and Beyond" (Editors- Andrew Schopp and Matthew B. Hill, Fairleigh Dickinson Press). Her topic is Guantanamo Bay - so it's not really light reading. The book is available in hard cover right now on Amazon.com but Meghan will be happy to give you the 50-cent summary at swim practice for free!

Cheryl Wagner's swim exploits have been published yet again! She is the feature of a full-page article (and a full color photo of Cheryl!) in the Washington Examiner. To read, check out: <http://edition.pagesuite-professional.co.uk/Launch.aspx?referral=other&pnum=&refresh=8e0Tq1S9Fs41&EID=d62206dc-8d5e-419a-8cde-a4dce8e89925&skip=true>

Several Terps ran the Annapolis 10-Miler road-race on August 30. Regular runner Mike Goodison finished 547th overall in 1:17.49 - a 7:47 pace! Coach Natalie Ferdinand ran her first road race and made it under her 2 hour goal time in 1:56:56.

Deb Morrin-Nordlund, Eric Nordlund and Jeff Strahota will be representing the Potomac Valley LMSC in the USMS division the US Aquatic Sports Conference in Chicago on September 16-20. For more information on the conference and the schedules for each USMS Committee, see the convention page on USMS' website - <http://www.usms.org/admin/conv09/>.

* 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 & Morning Parking Update:

The ERC Natatorium will be closed for scheduled maintenance through September 13. During this time, we have coached workouts on Monday, Tuesday and Thursday evenings (630-8) and Saturday morning (8-930). Tuesday and Thursday's workouts focus on dryland activities. For more details, surf over to the website (www.terrapiinmasters.org), and under Workouts, click on "Schedule." We will resume normal schedule on Monday, September 14.

Jim Nealis has negotiated a deal with Campus Parking for a parking pass for Terrapin Masters Morning swimmers. Basically, we will have permits available to allow us to park at meters on Tuesday and Thursday mornings for about \$2.50 a practice. If you would like to purchase one, please contact Jim who is coordinating this effort with Campus Parking.

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.terrapiinmasters.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.

If you have any suggestions for social activities, please email Allyson at [allysonmarieadams AT yahoo DOT com](mailto:allysonmarieadams@att.net).

Board Activity

The Annual Meeting will be Saturday October 10, starting 1 hour prior to our morning practice. At the meeting, the primary order of business is to elect a new board. Your attendance at this meeting is important, as our team bylaws require a certain percentage of our team to be present to ratify a vote. Please try to clear your schedules. Also - 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!

Once again, 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>

May 15-September 15, 2009 – USMS 5k/10k Postal Championship

<http://www.usms.org/longdist/ldnats09/#pst5k10k> for more info

September 15-November 15, 2009 – USMS 3000/6000 Postal Championship

<http://www.usms.org/longdist/ldnats09/#pst3k6k> for more info

September 26 – DCAC Fall Swim Ball @ Wilson SHS

www.swimdcac.org for more info

October 17, 2009 – MD LMSC Swim Series Meet #1 @ Howard County YMCA

www.mdusms.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](mailto:jstrahota@usms.org)

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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).