



Terrapin Masters Newsletter, November 2009

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

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Team & Teammate News

Please keep Meghan Gibbons' father, who recently suffered a brain hemorrhage, in your thoughts and/or prayers.

Tom Early has been officiating local swim meets for years, and this past month, he was selected for Referee training. Perhaps we'll see him hulking over a lane at a local masters meet soon, with his Terminator glasses ready for action!

Former Coach Julie O'Brien married Mark Rusham on October 24. Congratulations to Julie and Mark! The couple are living in Jacksonville, FL.

Kathy Jenko ran the Marine Corps Marathon on October 25, 2009. She finished in a blazing 4:39:17, and finished in the top half of every division she was competing in. Congratulations, Kathy!

Mike Doane, Mollie Grover and Jeff Strahota attended the 2009 Sprint Classic meet on October 25 at the GMU McCoy Natatorium. Mike continued to show his fast-twitch genius with several first-place finishes and amazingly fast 25s. Mollie, previously unknown to possess any fast-twitch muscles, seemed to have plenty of them, highlighted by outright winning the 50 free and best times in the 25s. Thanks to Coach Eric's continued assistance, Jeff dropped a second off his lifetime best in the 50 breast for the 2nd year in a row.

Several Terps are taking new places in the Potomac Valley LMSC Board. Jeff Strahota was elected as Chair, Eric Nordlund will be heading up the Officials Committee, and Deb Morrin-Nordlund will be heading up Sanctions. Cheryl Wagner will continue in her role as Secretary.

The UMD Club Swimming team is hosting a meet on Saturday, November 7 at 1pm. If you are available, please consider donating your time to help them run the meet.

Calling all aspiring writers: Guest columns wanted for 2010 Terrapin Masters Newsletter! Write about something swimming or triathlon related – anything you want. Contact Jeff for more info.

* 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!

2010 Registration

Beginning November 1, the 2010 Registration period is open. In order to swim with Terrapin Masters after January 1, 2010, returning swimmers must be registered with USMS. To register online, please follow this link: <https://www.clubassistant.com/club/usms.cfm?club=TERR>. For more information on the benefits of USMS membership, please visit www.usms.org/reg.

Additionally, swimmers will need to register with Terrapin Masters. There is a small \$10 annual fee that covers team registration, website, listserv maintenance, and other team expenses. Jim Nealis will have paper renewal forms available on deck at workouts, and we are looking into a PayPal option who may not be able to come frequently.

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

All practices at the ERC Natatorium

Afternoons: Monday, Wednesday, Thursday 6:30-8:00pm

Mornings: Tuesday, Thursday 6:15-7:45am

Saturdays: 10:30-noon

Upcoming Cancellations:

Saturday, November 14 (UMD Swim Meet)

Thursday, November 19 AM & PM (UMD Terrapin Cup)

Saturday, November 21 (UMD Terrapin Cup)

Wednesday, November 25 (Thanksgiving)

Thursday, November 26 (Thanksgiving)

All cancellations for 2009-10 are posted on the website, www.terrapinmasters.org on the "Schedule" page. For more info on Morning Swim Parking Permits, see the "Directions and Parking" page.

We are in the process of finalizing a dry-land workout option for cancelled workouts that would be led by Coach Eric. Stay tuned for more info.

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.

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

Board Activity

The Annual Meeting was held Saturday October 31. Your new board is: Allyson Adams, Mollie Grover, Jim Nealis, Bill Shipp and Jeff Strahota. Minutes will be posted as soon as they are approved, and will be available on the website under "Board of Directors."

Details about our annual New Year tradition, Swim In the New Year, are forthcoming.

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>

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

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

November 1 – December 31, 2009 – Brute Squad Postal Swim

www.brutesquadswim.com for more info

November 7 – VMST Fall meet in Virginia Beach

www.vaswim.org for more info

November 15 – MD LMSC Swim Series Meet @ Washington College

www.mdusms.org for more info

November 28 – Crawl Brawl at Freedom Aquatic Center

www.vaswim.org for more info

December 5 - MD LMSC Swim Series Meet, Easton MD

www.mdusms.org for more info

Dec 5-6 – Colonies Zone SCM Meet @ Flushing Meadows/Corona Park

www.metroswim.org for more info

December 13 (tentative) – PV LMSC/DCRP Last Chance SCM Meet
(details forthcoming)

UMD Sports Info

Swimming – The UMD Swimming & Diving teams will be hosting meets at the ERC on November 14 and the annual Terrapin Cup will be held on November 19-21. Please consider coming out to support the team in the stands or on deck as a timer or official.

<http://www.umterps.com/sports/m-swim/md-m-swim-body.html>

<http://www.umterps.com/sports/w-swim/md-w-swim-body.html>

Football – Two home games remain: November 14 vs. Virginia Tech; and November 28 vs. Boston College. Please keep in mind that while we have tried to maintain practices on these days that parking is at a premium due to significant lot closures. Due to a swim meet, there is no practice for the Nov. 14th game. Tickets are available for the game vs. BC.

<http://www.umterps.com/sports/m-footbl/md-m-footbl-body.html>

Basketball – Seasons tip off November 3 (men) and 4 (women). For most Women's games, our parking remains unaffected, and once again, the Men will provide a very limited amount of disruptions for us. Notices about these will be posted here.

<http://www.umterps.com/sports/m-baskbl/md-m-baskbl-body.html>

<http://www.umterps.com/sports/w-baskbl/md-w-baskbl-body.html>

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 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.