



Terrapin Masters Newsletter, December 2009

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

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A warm welcome to new teammates who are just joining us:

Oleksii Cherke, Olivier Francois, Nate Leachman, and Yannick van Heers. Welcome!!

Team & Teammate News

Please keep Allyson Adams' father, who has been recently diagnosed with colon cancer, in your thoughts and/or prayers. Allyson reports he had successful surgery and is recovering well.

Meghan Gibbons' father passed away on November 15. Our condolences to Meghan and the Gibbons family on their loss.

Hugh Harris ran in the Rehoboth Marathon on Saturday November 21. His smokin' fast time of 3:16:50 will qualify him to run in the 2011 Boston Marathon. He'll be training for the Ironman-Couer d'Alene, ID, which takes place spring 2010. Great run, Hugh!

There were a few meets in November attended by Terp swimmers. At the Maryland Swim Series Meet at Washington College, Mike Goodison, Bill Shipp and Mike Doane all swam very well, including a couple new team records in the short distance 50s for Mr. Doane. Great job guys!

Mollie Grover and Jeff Strahota swam a couple of events against the kids they coach while at the H2okie Invitational USA-S meet at Virginia Tech. Representing Rockville-Montgomery Swim Club, they both swam very well, including a great battle in the 200 back (Jeff had the faster time for once!).

New teammate Julie Roddin and Jeff Strahota were the lone Terps at the Inaugural Sunfish Masters Crawl Brawl. Julie swam quite well in the distance events, and was also the female (and overall) winner of "The Plunge," (an event where swimmers dive in off the blocks and glide as far as they can) and was awarded a brand new plunger! Congrats, Julie!

Good luck to Terrapin Masters swimmers who are competing in the Colonies Zone SCM Championships in NYC this coming weekend. Representing Terrapin Masters are: Gretchen Ekstrom, Mollie Grover, Mike Doane, Andy Ellis, Mike Goodison, Bill Shipp, Jeff Strahota and Yannick van Heers.

A Terrapin Masters tradition, Swim in the New Year, will be held on Saturday, January 2, 2010 from 10am-2pm. Please contact Allyson Adams if you'd like to help out at the event. You will be able to swim too if you'd like! More details below under "Board Activity."

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:

December 23, 2009 – January 2, 2010 – all workouts cancelled due to UMD campus closure during winter break.

Swim In the New Year will be held January 2, 2010 from 10-2.

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.

Terrapin Masters Team Shirts

Terrapin Masters 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. They make great holiday presents!

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/ New Year Swim

The new board will hold their first meeting sometime this month. Date and location are still being determined and will be announced via the listserv. Meetings are open to all members.

A Terrapin Masters tradition, Swim in the New Year, will be held on Saturday, January 2, 2010 from 10am-2pm. The ERC Natatorium will be open for 4 hours to swimmers looking to get an extra workout in over the New Year weekend. Since this event is in 2010, this is a great chance for teammates to do the 1-Hour Postal swim, which is USMS' most popular event. Bring a friend/teammate to take your splits, and then return the favor! Check out www.terrapinmasters.org/ny10.htm for more info.

Please contact Allyson Adams (allysonmarieadams AT yahoo DOT com) if you'd like to help out at the event. You will be able to help and swim if you'd like to do both!

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>

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

www.brutesquadswim.com 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 – PV LMSC/DCRP Last Chance SCM Meet

www.pvmasters.org for more info

January 1 – January 31, 2010 – USMS 1-Hour Postal Swim Championship

<http://www.usms.org/longdist/ldnats10/> for more info

January 2 – Terrapin Masters Swim In the New Year
www.terrapinmasters.org/ny10.htm for more info

January 17 – MD LMSC Swim Series Meet, Annapolis MD
www.mdusms.org for more info

January 31 – Alexandria Masters Tropical Splash, Alexandria VA
www.alexandriamasters.com for more info

UMD Sports Info

Swimming – The UMD Swimming & Diving teams will be spending much of the next several weeks in intense winter training. They return to action January 2 against Miami in Miami, and their next home meet is January 9 vs Rutgers (women) and Navy (men). 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>

Basketball – Both the Terp Men and Women are off to a good start (hopefully) en route to NCAA Tournament! Once again, Terp's Men's Basketball games will provide a very limited amount of parking disruptions for us. There are no conflicts for December.

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

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

Water Polo – The Women's Water Polo competition season will begin in February. The Terps will have several matches and tournaments at UMD. Stay tuned for more info!

<http://www.umterps.com/sports/w-wpolo/md-w-wpolo-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!

Thank you to Hugh Harris and Jim Nealis for contributions to this month's newsletter!

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.