



Terrapin Masters Newsletter, January 2010

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

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A warm welcome to new teammates who are just joining us: Carolyn Chung, Eric Nussbaumer and Julie Roddin. Welcome!

Team & Teammate News

Crisley McCarson will be in the upcoming exhibition "Mind, Body, and Spirit: Celebrating Regional Women Artists." The exhibition will be open to the public starting Monday, January 18 and run through to Sunday, March 14. It is in the Main Art Gallery at the UMUC, Inn and Conference Center, lower level. There will be an opening/artist reception in the gallery on Sunday, January 31 from 3-5pm. Hope to see you there.

Congratulations to Terrapin Masters swimmers who competed in the Colonies Zone SCM Championships in New York on December 5-6. Gretchen Ekstrom, Mollie Grover, Mike Doane, Andy Ellis, Mike Goodison, Bill Shipp, Jeff Strahota and Yannick van Heers all had some incredibly fast swims, and everyone left the meet with at least one new team record!

Mollie Grover, Julie Roddin, Mike Doane and Jeff Strahota participated in the PV/DCRP Last Chance SCM Meet on December 13, co-directed by PV LMSC Chairman Jeff Strahota. Mollie, Mike and Julie all set new team records, and Jeff had a couple personal bests.

A Terrapin Masters tradition, Swim in the New Year, was held on Saturday, January 2. The event was attended by 31 very thankful swimmers. One attendee spent the whole four hours doing his 2010x5 swim. Thanks to Allyson Adams, Diana Corbin and Stef Hutchins who helped run the event, as well as all those teammates who stopped by to swim and/or help in some capacity!

Jeff Strahota was appointed to the USMS LMSC Development Committee.

Mark Schactman reported that he swam nearly 400 miles in 2009 and it almost killed him. Thankfully, he's alive to talk about it!

On the same token, Go the Distance 2010 has started! Please check the events section below for more information and link to the official USMS Go the Distance website. Nike is sponsoring the event and offering prizes this year. How far can you swim in 2010?

The Chesapeake Challenge 1 Mile Swim (aka "Baby Bay") entries will open via www.lin-mark.us on Feb 1, 2010. This event is a great way to obtain or maintain eligibility for the 4.4 mile swim, which does have qualifications. Please see www.lin-mark.us for more info.

Please check out the events page on the website for swim events to attend this coming year. We do not have specific focus meets, but there are several events which Terrapin Masters has traditionally had a good team showing: Colonies Zone SCY Championships (at GMU), USMS SCY Nationals (Atlanta), Reston 1 & 2 Mile Lake Swims, Chesapeake Bay Swim and Bay Challenge, and USMS LC Nationals (Puerto Rico). There are at least two people attending all these events and there is plenty of room for more!

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 small team expenses. The form is available on the website (www.terrapinmasters.org, click on Registration Info, and look under Team Dues for the link), and team registrar Jim Nealis will have forms available at practice. Dues-paying members are considered Members in Good Standing, have access to the list-serv and will also receive a Terrapin Masters swim cap annually.

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 the website (under the Join Us tab, click on "Trial & Drop-In Policy") 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 January 9 (UMD Meet vs Navy(m)/Rutgers(w)),
Saturday January 16 (SPY Winterfest),
Monday January 18 (MLK Day), and
Saturday January 23 (UMD Meet vs WVU)

All cancellations for the Winter/Spring 2010 Academic Year 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

The new board met after practice last month, mostly to determine roles for the elected members. Allyson Adams is Team President, Mollie Grover is Vice President and Bill Shipp is Secretary. Remaining in their incumbent roles are Jim Nealis as Treasurer and Jeff Strahota as VP of CRS Relations.

We received very gracious "Thank You's" from the Varsity Swim & Dive team, the Club Swim Team and the Men's Club Water Polo teams for our donations to their respective programs. Some of the money we raise throughout the year is passed along to several local charitable outlets, and we've tried to support our UMD Aquatic brethren.

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 2010 – 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 from Nike are available based on mileage milestones, and access to an online Fitness Log (FLOG) is available through your USMS Membership to help you keep track of your exercise.

www.usms.org/fitness/content/gothedistance

January 1-31 2010 – USMS 1-Hour Postal Championships

www.usms.org/longdist/ldnats10/ 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 are back from their training trip and ready to finish the season strong. The next home meets are January 9 vs Rutgers (women) and Navy (men) and January 23 vs. West Virginia. 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 January.

<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 Crisley McCarson, Mark Schactman and Jim Nealis for contributions to this month's newsletter!

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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.