



Terrapin Masters Newsletter, March 2010

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

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A warm welcome to new teammates who have joined us since the last newsletter: Patrick and Claudine Ward, Ali Hall, and Amy Williams (formerly Amy Schumacher, who last swam with us 10 years ago)!

Team & Teammate News

A special "Thank You" to Courtney Busch, who is this month's guest author. She has shared with us her effort to find the best pre-swim breakfast! See below!

Chris Bell reports that he and his wife are expecting their first child in August! Insert your own Baby-Bell reference here – Congrats Chris!

Bill Shipp and Julie Roddin made the trip down to Richmond for the David Gregg III Memorial Meet at NOVA Feb 13-14. The meet was quite fast – the VA LMSC had over 2 dozen records set – and both Bill and Julie swam some really fast times and had a blast!

Jeff Strahota and Mollie Grover spent the same weekend at the MD Swim Series meet at SPY. While the swimming was productive, the highlight of their meet was dinner at the same restaurant at which they met 5 years ago.

Mike Goodison paid Andy Ellis a visit in Texas and both took the opportunity to swim in the Republic of Texas World Short Course Championships. The meet, sponsored by tech-suit manufacturer BlueSeventy, played host to many participants from all over the US, and saw some really fast swims from Mike and Andy!

Meghan Gibbons reports that she went to practice Tuesday, March 2!

Congratulations to the following Terps who made the USMS Top Ten rankings for SC Meters in 2009 – these are the top 10 times for each age group reported at meets during the season.

- Mollie Grover (25-29) – 200 free (4th), 100 back (3rd), 200 back (3rd) & 100 IM (8th)
- Julie Roddin (30-34) – 200 back (1st), 400 IM (9th)
- Gretchen Ekstrom (40-44) – 200 free (10th), 100 back (10th)
- Yannick Van Heers (18-24) – 50 free (5th), 100 free (9th), 50 back (2nd) & 50 fly (7th)
- Jeff Strahota (25-29) – 400 free (8th), 1500 free (1st)
- Mike Doane (35-39) – 50 breast (6th), 100 breast (9th), 50 fly (9th), 100 fly (9th)
- Mike Goodison (35-39) – 50 breast (8th), 100 breast (7th), 200 breast (8th), 100 fly (10th)
- Emad Elshafei (40-44) – 100 back (8th), 200 IM (8th), 400 IM (9th)
- Bill Shipp (45-49) – 400 IM (7th) (this is Bill's first ever Top Ten!)

For their first-place finishes, Julie Roddin and Jeff Strahota also earned All-American status for their 200 back (Julie) and 1500 free (Jeff) swims! Congratulations to everyone!

Jeff Strahota has been appointed to a position on the USMS Championship Committee. The committee helps enhance the quality of all things related to the USMS National Championship meets.

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?

Find us on Facebook! To join our group, look at our website (www.terrapinmasters.org) and find the link under "Contact Us."

* 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

In order to swim with Terrapin Masters, 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 (March 6th's practice will be held at an earlier 8:15-10am time)

Upcoming Cancellations:

March 15-18 (all workouts cancelled - UMD is closed for spring break)

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.

Guest Article – by Courtney Busch

Strategies for Fueling Up Before Morning Practice

Several months ago I went from swimming to stay in shape to training for the summer open water swims. When I started increasing my speed and yardage, I noticed that at a certain point, I would just peter out. I thought it was just my body revolting against the increased pace and yardage but the Masters Coach suggested that it could be what I was eating for breakfast. I typically just ate a half of granola bar before practice mostly because I wasn't hungry! It can be hard to choke down breakfast at 5am.

I decided to ask around and see what type of morning nutrition other swimmers were consuming before practicing. I received a whole slew of responses from a wide variety of swimmers, open water to competitive meet swimmers. I focused only on what people who swam in the morning ate before practice. I imagine that your nutritional needs may be different if swimming at night. Some of the responses I received were English muffins or bagels with cream cheese or peanut butter, raisin bran or other fiber rich cereal, omelets and home fries, and a granola bar along with fruit.

So began my experiment. I decided to give them all a try and see what worked best for me and waking up 15 minutes earlier to give me some extra time to digest. I started with English muffins and bagels with either cream cheese or peanut butter. While they were very tasty and seemed to give me enough calories to get through practice, I had so much trouble choking it down in the morning that I moved onto the next choice. The cereal with milk was okay but upset my stomach a little. I don't think my body likes liquid dairy that early and I have heard similar complaints from other swimmers. Next, I tried the omelets and home fries one time but frankly, I don't like cooking up eggs that early in the morning! I had already tried granola bars previously and they just don't have enough calories in them to get through practice. My last experiment was eating instant oatmeal with water rather than milk. This seemed to work the best for me. I could easily get it down in the morning and I didn't feel like I was running out of energy at the end of practice.

After a week of eating oatmeal and swimming, I started thinking about what to eat after practice. I couldn't make it until lunchtime with only oatmeal in my stomach. I bought the Horizon Organic 2% Chocolate Milk and lots of bananas. The chocolate milk has lots of protein and the banana has potassium to help with recovery. This is not a study based on scientific proof rather a journal of my attempts to find the perfect pre-practice breakfast.

Editors Note: Courtney's Chocolate Milk tip is recommended by USA-Swimming nutritionists as a post-workout recovery aide. The particular drink she mentions is available in a convenient shelf-stable form, and comes highly recommended by high school, college and Masters athletes of many sports.

Terrapin Masters Team Apparel

We are looking into placing an order for some more Terrapin Masters team apparel, most likely warm-up jackets. The cost is yet to be determined, but would probably run \$45-60. Please email Jeff if this is something you would be interested in purchasing.

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 board will be supporting teammate Bill Conroy's February Fitness Frolic event, which raises money for John's Hopkins. The annual event has swimmers swimming as much as they can in February to meet pledges for the cause!

The board has been talking about hosting a couple of swim meets in 2010 – more details to follow.

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

March 6-7 – Maryland Masters Winter Meet at UMBC

www.mdusms.org for more info

March 20 – ANCM Albatross Open, Bethesda, MD

www.ancientmariners.org

April 23-25 – Colonies Zone SCY Championships, GMU

www.patriotmasters.org for more info

May 20-23 – USMS SCY Nationals, GA Tech

www.usms.org for more info

May 30 – Jim McDonnell Lake Swims, Reston, VA

www.restonmasters.org for more info

UMD Sports Info

Swimming – The UMD Swimming & Diving teams finished 4th (women) and 8th (men) at the ACC Championship and all that remains is the NCAA Championship meets at Ohio State later this month.

<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 nearing the end of their seasons. The men will host the last basketball game at UMD – Wed March 3 (vs. Duke) – and then it is off to the ACC Tournament. However, the Maryland State High School Championship Tournament will take place just before Spring Break on March 11-13 at Comcast center. There shouldn't be any parking restrictions, but watch out for additional traffic.

Water Polo – The Women's Water Polo competition season has begun, and our Terps are off to a 7-3 start. The Terps spend most of their early season traveling, and then will host their annual tournament April 16-18, and then their conference tournament April 30-May 2 as their only home matches all season.

<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 Courtney Busch for her Guest Article contribution 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.