

GERMANTOWN MARYLAND MASTERS SWIMMING
April 2018 Newsletter
www.germantownmasters.org

SUMMER WORKOUTS

Summer workouts begin at Quince Orchard Swim and Tennis Club on May 26, 2018, unless you get an email stating an earlier date. The current GISC workouts will end on May 25 and resume in September with a new fall session. The Q.O. workouts will run through Labor Day, September 3rd, with a week off in early August. The entire workout schedule can be found at the very bottom of "Team News" on our web page. The cost is \$150 for once a week; \$230 for twice; \$300 for unlimited. As always, there are student and family discounts (for second swimmer, same family) available. You can sign up on the web page on line, or download a registration form and mail it in with a paper check. **You will need to be registered with USMS for 2018 to participate before your first workout.** Insurance provided by USMS does not cover the workout if even one swimmer is not registered with USMS. You can register with USMS on line at our website.

COACHING NEWS

As you know, we are losing our head coach of 20 years, Dyann, and want to send her off to Canada in style. Our team has nearly doubled in size during Dyann's tenure, and we've gone from 5-6 workouts per week to more than 10. There will be a party on June 2, 2018, in her honor. Save the date. The details will be provided later by email.

Meanwhile, we welcome a new team of excellent coaches this summer. Todd Garner, our new head coach, comes to us with extensive experience with RMSC and the Country Club League. Todd will be joined by Mark Ward and Greg Nelson, and Tim Brockway will return to coach GISC evenings when we're back there in the fall. Mark was GERM's original head coach in the '90s, and is the owner of Select Swim Academy. Greg Nelson swims with us and trains triathletes in Rockville. Tim has been with us for many years now, and we are very pleased that he will continue. Welcome all! We'll have more information on all coaches by email and on the website.

TARGET MEETS FOR SUMMER

Our summer target meets will be: the **Jim McDonnell Lake Swims on May 26-27 in Reston, VA**, and one other meet in July or August, to be determined in May or June. Entry forms for all meets are linked to the Potomac Valley website. Go to: www.pvmasters.org/entry.htm

FINA WORLD TOP TEN 2017

One individual swimmer and two GERM relays finished with world top ten times for 2017.

Individual:

Jeanne Lappin recorded 2 world top tens. **Jeanne** was fourth in the W60-64 100m fly (SCM), and 8th in the 400m IM (SCM).

Relays:

Women 160-199 800m free

1. Romford Town	GBR
2. Aquamasters	ESP
3. Malvern Marlins	AUS
4. Goldfish	JPN
5. Konami Nishinom	JPN
6. CNSW	BEL
7. GERMANTOWN MASTERS	USA
Denise Dombay	
Terri Postma	
Dorota Hassett	
Johanna Schneider	
8. Old Dutch	NED
9. Terrassa	ESP
10. De Geul	NED

Mixed 280-319 400m medley

1. Warringah	AUS
2. Brisbane North	AUS
3. Sarasota Y Masters	USA
4. Arizona Masters	USA
5. GERMANTOWN MASTERS	USA
Lynne Andrews	
Jim Hillman	
David Robinson	
Arlene Proebsting	
6. Clarement	AUS
7. Malvern Marlins	AUS
8. Arizona Masters	USA
9. Tech On	CAN
10. Arizona Masters	USA

Men 100-119 800m free

1. Aquamax	JPN
2. Otter SC	GBR
3. Kyoeikai	JPN
4. Las Palmas	ESP
5. Gerrards Cross	GBR
6. GRA	USA
7. GERMANTOWN MASTERS	USA
Jason George	
Dimitrijs Milajevs	
Sid Parachuru	
Kempsey Clark	

NATIONAL TOP TEN (2017 SCM)

A record 43 GERM swimmers made the Short Course Meters National Top Ten in 2017, either individually or as part of top ten relays. Four swimmers made Relay All American with the fastest women's 160-199 800m free relay time: **Denise Dombay, Terri Postma, Dorota Hassett and Johanna Schneider**. Individual top ten swimmers: **Elizabeth Cocker** (W18-24) 50 breast (4th); **Samantha Greenwald** (W18-24) 100 free (9th) and 100 back (10th); **Ivy Huang** (W35-39) 100 fly (10th); **Dorota Hassett** (W40-44) 50 free (8th), 100 back (10th), 100 IM (9th); **Jenny Carswell** (W40-44) 200 fly (5th); **Terri Postma** (W45-49) 200 fly (7th); **Denise Dombay** (W50-54) 200 IM (6th); **Jeanne Lappin** (W60-64) 50 fly (8th), 100 fly (2nd), 200 IM (6th), 400 IM (3rd); **Lynne Andrews** (W70-74) 50 back (4th), 200 back (10th); **Evan Murdock** (M18-24) 50 back (8th), **Jason George** (M30-34) 200 breast (8th), 200 fly (4th); **Steven Krempasky** (M30-34) 200 breast (10th); **Jeff Jarczynski** (M40-44) 50 breast (4th), 100 breast (3rd); **Gustavo Sandi** (M45-49) 100 breast (10th); **Richard Durham** (M75-79) 200 breast (9th); and **Roger Golden** (M75-79) 100 fly (6th) and 200 IM (4th).

Top Ten GERM relays:

Men 72-99 200 free (6th)

1. Phoenix Swim Club
2. Triton Swimminng
3. Rose Bowl Masters
4. New England Masters
5. Somerset County Y
6. **Germantown Masters**
Kempsey Clark,
Robertino Bogart,
Geo Nikolov
Evan Murdock
7. Nautical Milers

Men 72-99 400 free (2nd)

1. Golden Ram Aquatics
2. **Germantown Masters**
Clark, Nikolov,
Parachuru, Murdock
3. Nautical Milers

Men 72-99 200 medley (9th)

1. Phoenix Swim Club
2. Rose Bowl Masters
3. Golden Ram Aquatics
4. Puget Sound Masters
5. UCLA Masters
6. Somerset County Y
7. Puget Sound Masters
8. **Germantown Masters**
Kempsey Clark
Evan Murdock
Geo Nikolov
Sid Parachuru
9. Nautical Milers

Men 72-99 400 medley (4th)

1. Phoenix Swim Club
2. Rose Bowl Aquatic
3. Triton Swimming
4. **Germantown Masters**
Murdock, Bogart,

Clark, Nikolov

5.Nautical Milers

Men 100-119 800 free (2nd)

1.Golden Ram Aquatics

2.Germantown Masters

**Jason George,
Dimitrijs Milajevs,
Parachuru, Clark**

Men 120-159 400 medley (8th)

1.West Hollywood Aquatics

2.Golden Ram Aquatics

3.Arizona Masters

4.Illinois Masters

5.West Hollywood Aquatics

6.King Fins Aquatic Club

7.New England Masters

8.Germantown Masters

**Milajevs, Gustavo
Sandi, Dominik Van Der
Veen, Bryan Main**

Men 200-239 400 free (6th)

1.Central Florida Y

2.Golden Ram Aquatics

3.Rose Bowl Masters

4.Arizona Masters

5.Palm Beach Masters

6.Germantown Masters

**Karl Wunderlich,
Scott Golden, Dan
Thomas, Farol Tomson**

7.dROP Aquatics

8.Sarasota Y Masters

9.Golden Ram Aquatics

10.West Hollywood Aquatics

Men 280-319 400 free (7th)

1.Palm Beach Masters

2.Arizona Masters

3.Sarasota Y Masters

4.Michigan Masters

5.Connecticut Masters

6.Arizona Masters

7.Germantown Masters

**Mike Boyle, John
Abbott, Roger Golden
James Hillman**

8.Gold Coast Masters

9.New England Masters

Women 120-159 200 free (3rd)

1.Puget Sound Masters

2.Minnesota Masters

3.Germantown Masters

**Denise Dombay, Jenny
Carswell, Samantha
Greenwald, Dorota
Hassett**

4.Great Bay Masters

5.UMAC-Terrapin Masters

6.Gold Coast Masters

7.Arizona Masters

8.INDY Masters

9.Sarasota Y Sharks

10.Colorado Masters

Women 160-199 400 free (3rd)

1.Southern California Aquatic

2.INDY Masters

3.Germantown Masters

**Hassett, Jeanne Lappin
Deborah Gayle, Terri
Postma**

4.Minnesota Masters

5.Golden Ram Aquatics

6.Montgomery Ancient Mariners

7.Arizona Masters

8.FMA Masters

9.New England Masters

10.Greater Holyoke Y

Women 160-199 400 medley(5th)

- 1.New England Masters
- 2.Phoenix Swim Club
- 3.Central Florida Y
- 4.Minnesota Masters
- 5.Germantown Masters**
Hassett, Lappin
Bancroft, Postma
- 6.Arizona Masters
- 7.Rose Bowl Aquatic Masters
- 8.Golden Ram Aquatics
- 9.Great Bay Masters
- 10.Triton Swimming

Mixed 100-119 200 free (10th)

- 1.SYS
- 2.Rose Bowl Aquatic Masters
- 3.Connecticut Masters
- 4.New England Masters
- 5.Palmetto Masters
- 6.Wisconsin Masters
- 7.Las Vegas Masters
- 8.Lowcountry Masters
- 9.Arizona Masters
- 10.Germantown Masters**
Parachuru, Elizabeth
Cocker, Renee Charriere
Steven Krempasky

Mixed 200-239 400 medley(6th)

- 1.Palm Beach Masters
- 2.Minnesota Masters
- 3.New England Masters
- 4.Las Vegas Masters
- 5.SVM Swimming
- 6.Germantown Masters**
Dombay, Jeff Jarczynski,
Scott Golden, Karen
Cosgrove
- 7.Sarasota Y Masters
- 8.Missouri Valley Masters
- 9.Swim Ft. Lauderdale
- 10.San Diego Swim Masters

Mixed 280-319 200 free (10th)

- 1.Sarasota Y Masters
- 2.Palm Beach Masters

Women 160-199 800 free (1st)

- 1.Germantown Masters**
Dombay, Postma,
Hassett, Schneider
- 2.Minnesota Masters
- 3.Merritt Marlins
- 4.Rose Bowl Aquatic Masters
- 5.Michigan Masters

Mixed 200-239 200 free (5th)

- 1.Conejo Valley Multisport
- 2.Portneuf Valley Masters
- 3.Rose Bowl Aquatic Masters
- 4.Palmetto Masters
- 5.Germantown Masters**
Lappin, Dombay,
Karl Wunderlich
Dominik Van Der Veen
- 6.St. Charles Masters
- 7.Minnesota Masters
- 8.St. Pete Masters
- 9.Sarasota Y Swim Masters
- 10.New England Masters

Mixed 240-279 200 medley(8th)

- 1.Los Angeles Peninsula Swim
- 2.Oregon Masters
- 3.MELO
- 4.Arizona Masters
- 5.Woodlands Masters
- 6.Palmetto Masters
- 7.Sarasota Y Masters
- 8.Germantown Masters**
Dombay, Tim Brockway
Lappin, Ken Wall
- 9.Las Vegas Masters
- 10.St. Louis Area Masters

Mixed 280-319 200 medley(6th)

- 1.San Diego Swim Masters
- 2.Sarasota Y Masters

3. Palm Beach Masters
4. Sarasota Y Masters
5. Arizona Masters
6. Arizona Masters
7. Arizona Masters
8. Minnesota Masters
9. Sun City Hilton Head

10. Germantown Masters
Linda Carter, Gilgore,
Hillman, Wall

3. Oregon Masters
4. Virginia Masters
5. Montgomery Ancient Mariners

6. Germantown Masters
Andrews, Durham,
John Abbott, Arlene
Proebsting

7. Arizona Masters
8. Arizona Masters
9. Arizona Masters
10. Sarasota Y Masters

Mixed 280-319 400 medley(3rd)

1. Sarasota Y Masters
2. Arizona Masters
- 3. Germantown Masters**
Andrews, Hillman,
Robinson, Proebsting
4. Arizona Masters
5. Arizona Masters
6. Las Vegas Masters
7. Minnesota Masters

MASTERS MEET RESULTS

Albatross Open

Bethesda, MD

March 2018

In the closest Albatross finish ever, GERM prevailed by 27 points to take the team championship. A great meet was put on by ANCM once again, and they pushed us to the very last event. All 37 GERM swimmers contributed to the winning total. Two GERMS set new meet records: **Jeanne Lappin** in the W60-64 100m IM, and **David Robinson** in the M75-79 50 and 100m free. New team records were set by the following swimmers: **Lisa Chin** (W35-39) 400m free; **Jenny Carswell** (W40-44) 100m fly; **Lynne Andrews** (W70-74) 50m free and breast; **Evan Murdock** (M18-24) 50m back; **Gustavo Sandi** (M45-49) 50m breast; **Dan Blitz** (M50-54) 200m back; **Scott Golden** (M55-59) 50m free and 50 and 100m fly; **Mark Young** (M55-59) 200m free, back, breast and IM; **Greg Nelson** (M55-59) 100m breast; **Mark Walters** (M65-69) 50 and 100m fly and 200m breast; **David Robinson** (M75-79) 50 and 100m free, 100 and 200m back. Team relay records are getting very hard to break, but our swimmers broke five of them. The relay record breakers are: Mixed 240-279 200m medley: **Andrews, Sandi, Lappin, Thomas Offenbacher**; Mixed 200-239 400m free: **Blitz, Lappin, Dombay, Matthew Paushter**; Mixed 200-239 400m medley: **Dombay, Sandi, Lappin, Paushter**; Men 200-239 400m

