

GERMANTOWN MARYLAND MASTERS SWIMMING
December 2007 Newsletter
www.germantownmasters.org

WINTER/SPRING WORKOUTS

Quince Orchard workouts will start January 2nd and run through May 13th, with a week off during MCPS spring break. Germantown Indoor Swim Center workouts will begin on January 7th and run through April 18th. The pricing on the enclosed registration form is for all swimmers who plan to swim at least one workout at Quince Orchard, or plan to make up missed workouts at Quince Orchard, or plan to switch to Quince Orchard on April 19th after the GISC workouts end. If you plan to swim at GISC only, between January 7th and April 18th only, you can use the county rates: \$80+\$37(USMS)=\$117 for once a week; \$120 + \$37=\$157 for twice; \$160+\$37=\$197 for three times; \$205+\$37=\$242 for four times; \$245+\$37=\$282 for five times. Make your check out to Germantown Masters and return as instructed on the form below regardless of which rate you use.

If you are swimming at GISC for the first time, you will have a photo ID made on your first visit. Check in at the front desk. If you belong to GISC or swam masters there before, your existing card will have to be programmed at the front desk for masters. Do not pay at the front desk. Inform them that you have paid Germantown Masters. All swimmers at both pools will need to be registered with USMS before their first swim.

2008 OFFICERS AND TEAM DUES

Our 2007 officers ran uncontested for 2008, and are therefore re-elected. President: **Mark Walters**; Vice President: **Beth Westerman Koback**; V.P. Frederick area: **Chip Lagdon**; Treasurer: **Cheryl Bleakley**.

As part of the effort to reduce a surplus, our team voted last summer to have no team dues in 2008. USMS dues rose from \$32 to \$37. Our team dues declined from \$6 to \$0. Consequently, your USMS fee for 2008 will be down \$1 from \$38 in 2007, to \$37 in 2008. Expect the \$6 team dues to be restored in 2009, meaning your USMS fee will likely go from \$37 to \$43 in 2009.

LESLEY EVANS AWARD WINNERS - 2008

Each year since Lesley Evans moved to Arizona in 1999, we have presented the Lesley Evans Award to one male and one female swimmer for hard work in our coached workouts. The winners' names appear on a plaque that hangs in the lobby at Q.O. This year's winners are **Andrea Carbonell** and **Kenneth Wall**. Congratulations, and thanks for being good role models.

TARGET MEETS FOR WINTER/SPRING

Our target meets for the winter/spring season are the **Albatross Open (Saturday, March 15th**, in Bethesda) and the **Colonies Zone Championships (Fri, Sat., Sun, April 11-13**, at George Mason U.). We have had 40-50 swimmers at the Albatross the last 2 years, and put in an average of 20 relays each meet. Lets get a good turnout again so we can fill out those relays. To get entry forms for these and other area meets visit this website: www.pvmasters.org/entry.htm

MASTERS MEET RESULTS

October 2007: The following swimmers set new team records at the Patriot Masters Sprint Classic, George Mason University: **Denise Noznesky**, W40-44 100 and 200y free, 200y I.M.; **Karl Wunderlich**, M40-44 50y back; **Ken Wall**, M65-69 100y free; **Bob Maul**, M70-74 100y I.M. Our other four swimmers at the meet each won at least one event: **Paul Wolf**, **John Abbott**, **David Robinson** and **Richard Durham**.

August 2007: At the Colonies Zone Long Course Meters meet new team records were set by the following swimmers: **Kathy Jenko** (W18-24) 100, 200m free, 100m fly; **John Elliott** (M35-39) 50m fly; **Dan Blitz** (M40-44) 200m back, 400m free, 400m IM; **David Robinson** (M60-64) 400m IM; **Ken Wall** (M65-69) 50m free and back; **Richard Durham** (M65-69) 200m breast. The following relays also set new team

records: Men's 200-239 200m free: **Wall, Durham, Robinson, Blitz**; Men's 200-239 400m medley: **Wall, Durham, Robinson, Blitz**. Germantown Masters finished 10th out of 34 teams.

TEAM SCORES: 1. Virginia Masters Swim Team 1076 2. District of Columbia Aquatics 699 3. Reston Masters Swim Team 564 4. 1776 340 5. Unattached 282 6. Terrapin Masters 227 7. Montgomery Ancient Mariners 225 8. Pennypack Aquatic & Fitness 214 9. Talbot County YMCA Stingrays 208 10. **Germantown Maryland Masters** 193 11. Patriot Masters Swim Team 174 11. Fairfax County Masters 174 13. North Carolina Masters Swimming 172 14. Garden State Masters 155 15. Connecticut 147 16. Alexandria Masters Swimming 123 17. Maine Masters Swim Club 121 18. New England Masters Swim Club 110 19. Central Penn Aquatic Club 98 20. Curl Burke Swim Club 79 21. Metro Masters Swim Club 78 21. Maryland Masters 78 23. Sarasota YMCA Sharks 66 24. Health Unlimited Hurricanes 55 25. DC Masters 54 25. Badger Masters 54 27. Central Maryland YMCA Masters 43 28. DC Dept of Rec and Parks 34 29. All Star Aquatics 30 30. Nyc Hydras 24 31. Rockbridge County Aquatics 23 31. Oregon 23 33. Southwest Ohio Masters 18 34. Masters Aquatics at Spring Hill 14 35. Tesseramento Masters 10

July 2007: **Craig Johnson** finished 4th in the M45-49 age group at the 2-mile Cable Swim, Chris Green Lake, in Charlottesville, VA.

July 2007: **Kathryn Jenko** set new team records in the W18-24 100 and 200m free, and 100m fly, and **Niall Booth** set records in the M40-44 50 and 100m breast, at the DCRP long course meet at Haines Point.

RUNNING AND MULTI-SPORT RESULTS

September 2007: Congratulations to **Jeanne Lappin** for qualifying for the world triathlon championships in Hamburg, Germany, where she finished in the top half of the W50-54 age group (27th/55).

September 2007: **David Ruf** finished in the top half of all competitors at the Make-A-Wish Sea Colony Triathlon. In the M45-49 age group, Dave was 6th out of 37 after the swim.

NATIONAL TOP TEN RANKINGS

Kathryn Jenko was our lone representative in the national top ten rankings for the 2007 long course season. Kathryn had the 3rd fastest time in the women's 18-24 age group for 200m free, 4th in the 100m fly, and 7th in the 100m free.