

GERMANTOWN MARYLAND MASTERS SWIMMING

December 2009 Newsletter

www.germantownmasters.org

WINTER/SPRING WORKOUTS

Winter/spring workouts at Germantown Indoor Swim Center (GISC) start on December 28, 2009 and run through April 16, 2010. At Quince Orchard (QO), the workouts start on January 2, 2010, and run through May 9, 2010. There will be a week off at Q.O. during the MCPS spring break.

Registration can no longer be done on line at our web page for the GISC workouts. MCRD is requiring us to register individually for those workouts at the front desk.

The winter/spring rates at QO are: Once a week: \$150; Twice a week: \$265; Unlimited: \$345. At GISC the rates are: Once a week: \$90; Twice: \$130; Three: \$170; Four: \$210; Five: \$250. Add \$10 at GISC if you don't live in Montgomery County. If you plan to participate at workouts at both pools, you need to register for both pools separately.

Swimmers must also be registered with USMS for 2010 before getting in the water.

Insurance provided by USMS does not cover the workout if just one swimmer is not registered with USMS (or USA swimming for those under 18). You can register with USMS (\$37 for 2010) on line at our website. You will also find a paper version of the 2010 USMS registration form at the bottom of the QO workout registration form, which can be downloaded at our website and mailed in if you prefer.

With the availability of credit card payments, we are hoping most QO swimmers will make a single payment for the winter/spring. However, the multiple payment option remains available for QO workouts for those who prefer it and are paying by check and using the paper forms.

2009 LESLEY EVANS AWARD WINNERS

The Lesley Evans Award is given annually to a male and female Germantown Masters swimmer who, like our former swimmer Lesley Evans, sets an example for others in coached workouts by hard work and dedication. The 2009 winners are **Eleanor Landon-D'Shen**, and a tie between two men: **Bobby Sanderson** and **Richard Grodsky**. Their names have been added to the plaque that hangs in the lobby of the Quince Orchard pool.

KERRY O'BRIEN COACHING AWARD

Congratulations to head coach Dyann Charette, our team's first winner of a USMS national coaching award. Dyann is one of the 2009 recipients of the Kerry O'Brien Coaching Award. The U.S. Masters Swimming Coaches Committee initiated this award with the goal of recognizing coaches who are building USMS membership in communities throughout our country. Originally named the Grass Roots Coaching Award, it has been renamed to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck.

TARGET MEETS FOR SPRING

Our target meets will be the Maryland Masters Winter meet, March 6 and 7 at UMBC, the Albatross Open on March 20 at the MAC in Bethesda, and the Colonies Zone SCY championships at George Mason on April 23-25. Watch the website and your email for details. Entry forms for all meets are posted on the Potomac Valley website. Go to: www.pvmasters.org/entry.htm

2010 TEAM OFFICERS AND TEAM DUES

Our 2010 team officers: president - Mark Walters; vice president - Brian Sepanik; treasurer - Cheryl Bleakley.

This will be our last year without team dues. We have been able to do without them over the past three years by spending down a surplus that had built up, and eliminating most of our postage expense by communicating almost exclusively by email and the website. Moving from mail to a website/email mode for most communication has reduced our annual expenses from around \$1000 to between \$600 and \$700 a year. Our primary expenses each year are: \$50/year to register our team with USMS; several hundred a year to cover the cost of relays; about \$160 a

year for the website; \$250 a year for advertising.

When we last had team dues, it was \$6 per swimmer per year. If we vote to reinstate team dues for 2011, it will be no more than that. We may just add a surcharge on the workout registrations to make payment easier. The amount and method of collection will be determined in the fall of 2010.

MASTERS MEET RESULTS

Patriot Masters Sprint Classic *November 2009 - Fairfax, VA*
GERM was represented at the meet by **Jeff Williams, Monte Lewis, Paul Wolf, Jeanne Lappin, Anthony Higgins, and David Robinson**. New team records were set in the following events: W50-54 50 and 100 yard fly - **Lappin**; M40-44 50y breast and 100y IM - **Wolf**; M40-44 50 and 100 yard back: **Higgins**; M65-69 50 y fly - **Robinson**

Maryland Masters Long Course Meet *August 2009 - Baltimore, MD*
New team records were set at UMBC on by **Jeanne Lappin** (W50-54) 100 fly, 400 free, and **Chris Elliott** (M35-39) 100 fly.

MULTI-SPORT RESULTS

Jeanne Lappin turned in some outstanding results this summer. She finished first in her age group (W50-54) in the Breezy Point Sprint Triathlon, first in the Dextro Energy ITU Series Sprint Triathlon and 2nd in the Chicago Triathlon.

We need more input from GERM swimmers on these results. Runners, bikers, and triathletes can provide results to waltersmrk@aol.com for the newsletter.

NATIONAL TOP TEN TIMES

Congratulations to **Chris Elliott** for a national top ten time in the M35-39 100m long course fly, set at UMBC in August. Chris had the 7th fastest time in 2009.