

GERMANTOWN MARYLAND MASTERS SWIMMING
December 2011 Newsletter
www.germantownmasters.org

WINTER-SPRING WORKOUTS

Winter-spring workouts at Quince Orchard start Sunday, January 1, and will run through May 11th, with a week off during MCPS spring break. GISC workouts will start on January 2nd and run through April 20th, without a break (except for the coaches).

The winter-spring rates at QO are: \$155 - once a week; \$275 - twice a week; \$360 - unlimited. The winter-spring rates at GISC are: \$95 - once a week; \$135 - twice a week; \$175 - three times a week; \$215 - four times a week; \$255 - five times a week. As always, **you will need to be registered with USMS to participate in these workouts.** Insurance provided by USMS does not cover the workout even if just one swimmer is not registered with USMS (or USA swimming for those under 18). You can register with USMS (**\$40** for 2012) on line at our website. You will also find a paper version of the 2012 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. **REGISTER WITH USMS BEFORE JANUARY 1 if you are thinking of swimming on New Years Day.**

TARGET MEETS FOR WINTER AND SPRING

Our winter/spring target meets will be the Albatross Open at the Montgomery Aquatic Center in Bethesda, 3-8 p.m. Saturday, March 17th, and the Colonies Zone Championships, Friday, April 13th (1000/1650 free), 14th and 15th (all other events). We lost the Albatross Open meet for the first time in five or six years last year, but only a few points. Lets turn out for this and win back our title. We should be putting a lot of top-ten relays in both of these meets. Watch your email for target meet information. Entry forms for all meets and many open water swims are posted on the Potomac Valley website. Go to: www.pvmasters.org/entry.htm

GERM SWIMMERS IN NATIONAL TOP TEN RANKINGS

Congratulations to **Jeanne Lappin** and **David Robinson** for their national top ten times in this past long course season. Jeanne was 7th in the 50 fly, 3rd in the 100 fly, 2nd in the 200 fly, 4th in the 200 IM, and 2nd in the 400 IM for women 55-59. David was 9th in the 200 fly for men 65-70.

MASTERS MEET RESULTS

7th Annual Terrapin Cup

College Park, MD August 2011

Ken Wall set nine new team records at the Terrapin Masters Long Course meet in the men's 70-74 age group. Also setting records were **John Abbott** in the men's 60-64 50m breast, and **David Robinson** in the men's 65-69 1500m free.

TEAM SCORES

1. Reston Masters	810	19. Pacific Northwest Aquatics	37
2. Terrapin Masters	442	20. Waikiki Swim Club	36
3. Virginia Masters	389	20. Rice Aquatic Masters	36
4. D.C. Aquatics Club	203	20. Delmarva Aq. Mast. Dogfish	36
5. Maryland Masters	190	20. Michigan Masters	36
6. Colonials 1776	181	24. Sunfish Masters	34
7. Germantown Masters	164	25. Arena Club Masters	33
8. National Capital YMCA	162	26. Chelsea Piers Masters	30
9. Curl Burke Masters	141	27. Ward's Swim Club	29
10. Asphalt Green Masters	140	27. North Baltimore A.C.	29
11. Montg. Ancient Mariners	122	29. Columbia Masters	27
12. D.C. Dept. Of Recreation	106	30. Anne Arundel Amphibians	23
13. Maine Masters Swim Club	97	31. Gold Coast Masters	18
14. Central Maryland YMCA	81	31. Patriot Masters	18
15. Garden State Masters	59	31. YMCA Indy Fit	18
16. Fairfax County Masters	57	31. Woodlands Masters	18
17. Merritt Marlins	50	31. O*H*I*O Masters Swim Club	18
18. Chesapeake Region Aq. Blue	38	36. Alexandria Aquatic Rec	16
		37. Alexandria Masters	15

David Robinson set a new team record in the M65-69 100m fly. **Scott Golden** won the 50m fly in the men's 45-49 age group.

2012 TEAM OFFICERS AND TEAM DUES

Our 2011 officers were unopposed, so no need for an election. The 2012 officers are President - **Mark Walters**; Vice President - **David Robinson**; VP for Community Service - **Mark Young**; Treasurer - **Cheryl Bleakley**

Once again there will be no need for team dues in 2012, as we continue to spend down a surplus from the years when we had dues. Although we lose between \$350 and \$400 in 2011, the surplus is lasting longer than expected because we no longer use postage for communicating with the team. (If you are not getting team emails and would like to, contact waltersmrk@aol.com with your preferred email address.) Team **income** for 2011 without dues will be approximately **\$135**. We got a \$50 rebate from Potomac Valley for attending a least one PV meeting in 2011, and will take in about \$85 from the sale of a handful of car magnets and the practice of keeping for the team the cents from workout registration fees that do not end in an even dollar amount. Our **expenses** for 2011 will be about **\$480**, with the main expenses being annual registration of our team with USMS (\$100); web domain (\$79); team relays at USMS meets (\$78); award engraving (\$35); and the USMS registrations for our two main coaches (\$74).

MULTI-SPORT RESULTS

Sea Colony Triathlon

September, 2011

Marci McCalley finished 27th of 100 women over all, and was 13th in the swim. In the Aqua-Velo event, Dave Ruf finished 3rd over all among the men, and had the second fastest swim.

Hawaii Iron Man Triathlon

October, 2011

Kurtis Carlisle became the first GERM swimmer to compete in the Hawaii Iron Man Triathlon. Kurtis had a very fast swimming leg to start the race (under 55 min. for 2.4 miles), and finished in 11.5 hours.

LESLEY EVANS AWARDS FOR 2011

The Lesley Evans Award has been presented to one male and one female swimmer every year since 1999. This team award recognizes swimmers who set a good example for us in coached workouts by their focus and dedication, regardless of speed. You can see the complete list of award winners on a plaque on the wall outside and across from the men's locker room at Q.O. Congratulations to our 2011 winners: Jeanne Lappin and Scott Golden.

EDITOR'S PRODUCT ENDORSEMENT

Recently I have noticed that my hair has a mystical quality about it after workouts. (My wife calls it something else.) I attribute it all to the special pool water at QO, and a conditioner I picked up recently at a trendy southern California hotel that caters to swimmers, bikers, runners, and people who got lost on the way to Sedona. On the back of the small bottle of Etro conditioner, above the ingredients list, is the following message:

"Energy vibrates from the magical spirals; impressions loaded with universal symbolism. Aromas, colours, and symbols, typical of tribal art, dedicated to today's new age travelers."

Not sure where you can get this stuff over the counter. But if you meditate about it for a while it will probably be revealed to you.