

# Torpedo Tales



Edition 4

July 6, 2011

"Coming together is a beginning.  
Keeping together is progress.  
Working together is success."

## Congratulations

Alan Li for breaking the **TEAM RECORD** in the Boys 11-12 50 Meter Freestyle with a time of 29.11!



## All-Star Qualifiers

Arona Baigal	50	Fly	36.64
Eliya Harnood	100	IM	1:19.42
	50	Free	30.86
	50	Back	35.19
	50	Fly	34.58
Colby Chung	50	Free	34.79
	25	Fly	17.11
Corey Chung	25	Breast	25.83
Huy Lam	100	Breast	1:14.93
Alan Li	100	IM	1:15.32
	50	Breast	38.70
	50	Fly	35.83
Zachary Nachod	50	Free	35.77
	25	Breast	20.70
Danielle Norwitz	50	Back	35.52
Alexander Ochman	25	Free	18.52
	25	Back	23.91
	25	Breast	25.36
Chris Park	50	Free	31.25
Michael Sabad	50	Free	35.03
	25	Back	19.08
	25	Fly	18.07
Ashwin Sekar	50	Breast	35.35
Antonio Sellemi	25	Breast	24.25
Isaiah Shen	25	Free	17.84
	25	Back	23.37
	25	Fly	22.32
Joyce Zhou	50	Back	38.84

### Team Contact

#### Information:

#### Team Coordinator:

Kathie Rush, 301-540-8343  
[Kathie@rushport.com](mailto:Kathie@rushport.com)

#### A Meet Rep:

Anh Lam  
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#### B Meet Rep:

Kathleen Mendell  
[kath1149011@yahoo.com](mailto:kath1149011@yahoo.com)

### Theme for Saturday's A-Meet:: (Meet 4A)

Ahoy, me Germantown Swimmers! The theme for t' meet this Saturday be **Pirates**. Lets hope Cedarbrook battens down their hatches, because we are ready to RACE and WIN!

### Theme for A-Relay Carnival:

**Superheroes!** Come dressed up as your favorite superhero and be ready to show C Division how SUPER we Germantown swimmers are!



## TORPEDO PERSONAL BESTS

Brigitta Agung, Arona Baigal, Zainab Bannout, Kuhoo Bhal, Hannah Bischoff, Samantha Bischoff, Hunter Botsford, Colby Chung, Amalie ElFallah, Manuela Ferro, Eliya Harnood, Juliya Harnood, Deborah Haryono, Victoria Hayes, Max Hou, Don Lam, Nam Lam, Alan Li, Matthew Liu, Kamryn Mendell, Ahmed Neama, Danielle Norwitz, Alexander Ochman, Chris Park, Shibani Rana, Ria Rawool, Glenn Ren, Kiley Rush, Michael Sabad, Ashwin Sekar, Antonio Sellemi, Victor Sellemi, Isaiah Shen, Katelyn Tat, Lemuel Tyler, Tiffany Wang, Jared White, Michael Wong, Justin Wu, Caleb Zhou, and David Zhou.

**Congrats!**



**Congratulations**  
Eliya Harnood for breaking the **TEAM RECORD** in the Girls 11-12 50 Meter Backstroke with a time of 35.19!

### A SPECIAL THANKS TO:



FOR WELCOMING THE GERMANTOWN SWIM TEAM FOR A CELEBRATION AFTER SATURDAY'S A-MEET!

### ANOTHER SPECIAL THANKS TO:



FOR PROVIDING THEIR DELICIOUS PIZZA THROUGHOUT LAST WEEK'S B-MEET

13220 WISTERIA DRIVE #9  
GERMANTOWN, MD 20874

# Coach's Corner



Swimmers, amazing RACES this past week. Many swimmers dropped time at Wednesday's B meet. And on Saturday, Germantown stepped it up against Potomac and raced. Lets keep up this energy as we only have two more B and A duel meets left. Continue to come to practice, and work hard.

Swimmers and Parents, please be

mindful of practice and meet times. Many swimmers are coming late to practice, especially the 7:30 practice. Swimmers need to be in the water by 7:30! It is also important that your swimmer comes early before the meet. It is important for a swimmer to WARM UP before a race. If you miss warm ups, your swimmer will not be ready to compete.

Lets keep it up the  
**ENERGY**  
Germantown, the  
Season is not over!

## Swimmers of the Week:

**Nam Lam, Colby Chung, Zachary Nachod, and Michael Sabad:** These 9-10 boys are not only team mates, they are also competitors and friends. These four young men have pushed each other to succeed to the highest level of swimming. While they may compete in the water, they are all friends outside of the pool. We hope the boys example of friendly competition encourages other swimmers to push each other and have fun.

**Kiley Rush and Laura Roser:** Kiley and Laura may be 13 or 14, however every Saturday morning they become 15-18. With the shortage of older ladies on the team, Kiley and Laura have stepped up for the team, accepting the longer distances of 100 meter races and truly swimming with the top swimmers in our division. Thank you Laura and Kiley.

## Shout outs:

**Mateo Ferro:** Dropped 13.8 seconds in 50 Free going from 1:03.36 to 49.56 during Wed. B meet.

**Jamie Banatica:** Dropped 6.03 seconds in 50 Free going from 56.02 to 49.99 during Wed. B meet.

**Sydney Gabitzer:** Dropped 7.66 seconds in Wed. B meet which qualified her to swim in her first A meet this Saturday vs. Potomac

**Nick Schobitz:** Dropped 12 seconds in 50 Back during the B meet against Poolesville. He is 2 seconds from getting under a minute in 50 back!

**Caleb Zhou:** With the help of a former Torpedo, Cody Raum—Caleb dropped 13 seconds in 100 breaststroke!

**Chris Park:** Got the all star time he wanted in 50 Free!!

## “B” Meet Bagels

Once again, in celebration of all the fantastic swims that will occur Wednesday nights, Thursday morning between practices, the coaches will distribute ribbons from the B-meet. Bagels (from Royal Bakery, of course!) will be available for purchase. For \$1.50, you can get a bagel, cream cheese and a cup of juice. BUT you certainly don't have to buy a bagel to get your ribbons! So swimmers from the 1<sup>st</sup> practice, hang around a little bit longer and swimmers from the 2<sup>nd</sup> practice come to the team area a little early!



Germantown Torpedo

Date	Event
July 6 Morning Practice <b>B-Meet (3B)</b>	7:30-9AM (11&Up) 9-10:30 (11&Under) Warm-up: 5pm <i>HOME vs. Quince Orchard</i>
July 7 Morning Practice Evening Practice	7:30-9AM (11&Up) 9-10:30 (11&Under) 8-9pm
July 8 Morning Practice	7:30-9AM (11&Up) 9-10:30 (11&Under)
July 9 <b>A-Meet (4A)</b>	<i>AWAY vs. CedarBrook</i> <i>Caravan Meeting @ G-town pool @7-7:15am</i> Warm Ups: 8AM
July 10	<b>A-Relay Carnival</b> @ Cedarbrook

Cedarbrook Swim & Tennis Club  
10150 Cedar Lane  
Kensington, MD 20895



# Cheer of the Week



## Boom Chicka Boom

(repeat each line after leaders)

I said a Boom Chicka Boom  
 I said a Boom Chicka Boom  
 I said a Boom Chicka Rocka  
 Chicka Rocka Chicka Boom  
 Uh huh  
 Oh yeah

One more time (Janitor style or made up style that we choose) style.

Now one more time  
 The Torpedo Way  
*\*\*Jump up and down\*\**

I said a Boom Chicka Boom  
 I said a Boom Chicka Boom  
 I said a Boom Chicka Rocka

Chicka Rocka Chicka Boom  
 Uh huh  
 Oh yeah  
 Uh huh  
 Oh yeah  
 Uh huh  
 Oh yeah  
 WOOOOOOOOOOOOW!!



## Dessert Competition



PARENTS AND SWIMMERS, for the team banquet at the end of the year there is going to be a

DESSERT COMPETITION!!!!!!!!!!!!!!

We have a diverse group of families on the team and we want to see what types of desserts everyone can make—from cakes to cookies, make what you wish!

**Please sign up in the team area if you are interested!**



## KIDS CORNER

**PARENTS** — Please take the time to show your swimmers the newsletter. A lot of swimmers do not know what's going on, and this fun and informative newsletter is great for them to become more intone with what's going on!

**NO SUBMISSIONS** have been made for our kids corner. We are looking for stories, pictures, poems, etc.

