

Torpedo Tales



Edition 1

June 10, 2009

“Success is found in our daily routine”

“I wouldn’t say anything is possible. I think anything is possible as you put your mind to it and put the work and time into it.”

- Michael Phelps
(Olympic Gold Medalist)

Team Contact Information :

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Welcome Back!

Welcome to all new and returning Torpedoes of the 2009 summer swim season. Congratulations to all our swimmers who were busy improving their strokes and their times during the winter season. We are looking forward to a great season in B Division. Please welcome back our returning coaches: Head Coach, Kate Ulicny, Asst. Head Coach, Amanda Bettinger, and Asst. Coaches, Nadia ElFallah and Eddie Rubenstein. Nadia will also be the Pre-Team coach for this season as well. Please let them know you are glad they are here by working hard in practice and following their instruction at all times.

The first big event is the **Blue-Green Meet** (also known as Time Trials) this Saturday June 13. We want to encourage all swimmers and parents to participate on Saturday, as this is the best way for the coaches to get the information they need to make the lineup for our first meet. . If you have not already signed up to swim or to help with the Blue Green meet, please do so **TODAY** at the pool. This is a busy time of year for many of our swimmers who may be wrapping up other sports and activities. If you cannot make time trials, please let Coaches and Team Reps know. You will have an opportunity to be timed at practice next week.

Please remember that during practice our coaches must give their UNDIVIDED attention to the swimmers in the pool. If you have a question or concern regarding your swimmer, please wait until after practice is over to talk to the Coach. You may also contact our coaches by leaving a note in the Coach Mailbox, or via email. If your concern is about schedules or procedure, one of our parent volunteers will be happy to help.

A SPECIAL THANKS TO:

Agrodolce in Milestone Plaza, Germantown, MD

Royal Bakery at Middlebrook & Rt. 118, G' town

Chick-Fil-A Germantown Town Center

Papa John’s Pizza
11522 Middlebrook Rd.

N & N Gifts Gaithersburg, MD

Aardvark Swim & Sport
Rockville, MD

Registration

Please remember to register as soon as possible. All swimmers must be fully registered with MCRD prior to participating in any meet. Registration can be accomplished by visiting the cashier at the pool, on-line, or at GISC (indoor pool). If you have friends or neighbors who are interested in swimming for the Torpedoes, it is not too late to join the team.

When you register, remember to keep in the loop by joining our “Yahoo” group. Just visit our website, www.germantowntorpedoes.com and click on the purple button. Please check the website for updates and weekly information. The Torpedo Tales newsletter will also be posted every week as well.

Practices

Practices are every evening from 6 through 8:30 PM. The last evening practice will be held June 16th, however starting morning practices, there will be evening practices as well on Tuesday and Thursdays during the course of the season. Morning practice will start on Wednesday, June 17th. From 7:30 - 9 AM, swimmers from ages 11 and up are recommended to attend. If your swimmer needs to attend camp and will need to swim at the early practice please contact Coach Kate. From 9 - 10 AM, swimmers

of age 11 and younger should attend practice at this time. Pre-team will begin practice promptly at 10 - 10:30 AM.

Parents: We encourage all swimmers to attend practice each day. Please remember that during practice our coaches must give their UNDIVIDED attention to the swimmers in the pool. If you have a question or concern regarding your swimmer, please wait until after practice is over to talk to the Coach. You may also contact our coaches by leaving a note in the Coach Mailbox, or via email.

If your concern is about schedules or procedure, one of our parent volunteers will be happy to help. We ask that in order to make this swim season smoothly and efficiently, please help the team by volunteering your time and dedication each week.

Thank You!

NOW: Olympic Swimmers

According to USA Swimming, Thursday June 11, "more than 20 Olympic swimmers, including gold medalists *Michael Phelps* (Baltimore, MD) and *Ryan Lochte* (Daytona Beach, FL) will compete at the Swimnetwork.com Santa Clara International Grand Prix, June 11-14 in Santa Clara, California."

More than 30 international Olympic swimmers will join the competition as well. Current Grand Prix Series leader, Mary DeScenza (Naperville, Illinois) will also be returning to the competition, and will look forward to bringing home another prize. The competition will follow the traditional meet schedule of morning prelims and evening finals. The full competition schedule can be found online at swimnetwork.com or at usaswimming.org. Finals begin at 4 PM PT on Thursday and at 5 PM PT, Friday through Sunday. Prelims begin at 9 AM PT, Friday through Sunday.

ATTENTION:

Facebook and Twitter Bloggers

Coach Eddie has made a team page. If you are a member of Facebook or Twitter, please join the Germantown Torpedoes 2009 group. Important information and upcoming events will be posted daily. Information of "How to Join" will be at the team area. *Check it out!*



Team Swimsuits

2009 Team Swimsuits will be sold at *Aardvark Swim and Sport, Inc. @ 831-D Winter Green Plaza Rockville, MD 20852*

Boys: \$33.95

Girls: \$55.15



Coming Soon! Silicon Caps

Torpedo Spirit Wear

ON SALE

GERMANTOWN SWIM TEAM
 Old Wear, Buy Fast!
 Sold @ G-Town Team Area

Expiration Date: June 2009

Weekly Calendar

Date	Event
June 10	Evening Practice All: 7-8:30 PM 9-10 (10 Younger) Pre-team: 6-6:45 PM
	Parent Meeting 6:45 PM @ G-TOWN Pool
June 11	Evening Practice All: 7-8:30 PM 9-10 (10 Younger) Pre-team: 6-6:45 PM
June 12	Evening Practice All: 7-8:30 PM 9-10 (10 Younger) Pre-team: 6-6:45 PM
	Officials Clinic 8 PM @ Executive Office Building Cafeteria, Rockville
June 13	Set Up: 7:45 AM Warm Ups: 7:30 AM
	Blue-Green Meet (Time Trials)