

# Torpedo Tales



Edition 2

June 16, 2009

*“In training, everyone focuses on 90% physical and 10% mental, but in the races its 90% mental because there’s very little that separates us physically at the elite level”*

**- Elka Graham**

*(Australian Olympic Silver Medalist)*

## Team Contact Information :

### Team Coordinator:

Kathy Rush,  
301-540-8343

### B Meet Rep:

Tammy Norwitz,  
301-515-2346  
[mnor-witz@comcast.net](mailto:mnor-witz@comcast.net)

## Reminders

Congratulations Torpedoes on a smooth and spirited Time Trials. Thanks to all the parents volunteers, new members and seasoned veterans who helped out as timers, Officials, and with concessions. Our first A - Meet is this Saturday against Woodley Gardens at our home pool. Since we our hosting, we need both parents and swimmers to help set up at 7 AM. Please remember that our warm up is first. All swimmers should be in their swimsuits, goggles and cap at 7:30 AM. During the meet it is important to stay in the team

area. If you must leave the team area for any reason, please let one of your coaches know. Once you have reported to the Clerk of Course for your race, you must stay in the starting area until it is time for your race. Please make every effort to stay for the entire meet, even after you have finished your events. The final relay races are always very exciting, and it is a lot of fun to cheer for your teammates. Please try to join the team’s post meet celebration. This is the coach’s chance to talk about the meet, and to recognize

the accomplishments of all the swimmers who competed in the meet.

### 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

Burger King Germantown, MD

## PEP RALLEY: BLUE and GREEN MANIA!

First PEP RALLY of the season is this Friday at 7pm at the pool. Come to the **"Blue and Green Mania"** at our Splatter Paint Festival and Torpedo Sub Nite. All swimmers are invited. Bring your favorite Torpedo Sub, a drink and a side dish or healthy dessert to share. Every swimmer should bring a plain (no writing) white T-shirt or a blue or green T-shirt.

Have fun supporting your team, make a new friend, meet the coaches, reps. and other Torpedo Families!



**NOW:** from USA SWIMMING.com

Last weekend, more than fifty Olympic international swimmers swam at the Santa Clara Grand Prix in Santa Clara, California. Many new records and medals were passed out among the greatest swimmers of all time. *Michael Phelps* (Baltimore, MD) broke the meet record and brought home his first years' gold medal on Friday night in the 200 men's fly. Phelps swam in 1.54.31, finishing 5 seconds before anyone. *Ryan Lochte* (Daytona Beach, FL) also claimed his first gold medal in the men's 400 IM.

Lochte came in 4.18.62, slightly finishing before his fellow Florida mate, Robert Margalis (Clearwater, FL) 4.18.84. Closely following behind in third place, Australia's Thomas Fraser-Holmes in 4.19.94. Dana Vollmer (Granbury, TX), brought home two gold medals on Friday winning the women's 100 free (54.23) and 100 fly (58.40). More information of other swimmers and live footage of the finals and prelims are posted on the website *Swim-network.com*. performances from the

The meet ended with outstanding performances from both USA and Australia competitors. Lochte ended the meet with another gold medal in the men's 100m back. He was awarded with the men's high-point award of his overall performance in Santa Clara.

## Sugarloaf Hike!

TODAY is the hike up at Sugarloaf Mountain. If you haven't already signed up, please do so in the team area. It is a great team event. Carpooling or caravanning will meet at the G-town pool around 1 PM. Dress appropriately!

## Student Service Learning Hours

Attention all student swimmers, if you haven't already fill in your hours daily, please do so in the green binder (@ team area). Your hours will be tallied at the end of the season and be sent to you in your mail.

## 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



## Weekly Calendar

| Date              | Event  |
|-------------------|--|
| June 17           | All: 7:30-9 AM<br>9-10 (10 Younger)<br>Pre-team: 10-10:30 AM |
| Morning Practices |  |
| June 18           | All: 7:30-9 PM<br>9-10 (10 Younger)<br>Pre-team: 10-10:30 AM |
| Morning Practices |  |
| Evening Practice  | All: 7:30-9 PM<br>9-10 (10 Younger)<br>Pre-team: 6-6:30 PM   |
| June 19           | All: 7:30-9 AM<br>9-10 (10 Younger)<br>Pre-team: 10-10:30 AM |
| Morning Practices |  |
| PEP RALLEY        | TORPEDO SUB NITE @<br>G-Town Pool 7 PM                       |
| June 20           | A - Meet   |
| Set Up: 7:00 AM   | HOME vs. Woodley Gardens                                     |
| Warm Ups: 7:30 AM | Theme: Futuristic  |

Coming Soon! NEW! Silicon Caps

# Torpedo Spirit Wear

## ON SALE

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

Expiration Date: June 2009

GERMANTOWN TORPEDES