

# Torpedo Tales



Edition 2

June 29, 2010

## Congratulations!

We had a fantastic WIN on Saturday and are now 2-0! Thank you to all the parents who participated in helping with the meet. Let's make next week another win and we will continue to keep our winning streak going!

## NEW! TEAM RECORDS

WEEKS 1A/2A June 19/26 2010

- Boys 200 Medley Relay- JP Knopf, Huy Lam, Victor Sellemi, Jake Rubenstein
- Boys 8&U 25 Free - Michael Sabad
- Boys 9-10 50 Free - Robert Qian
- Boys 13-14 50 Free - Andrew Qian
- Boys 13-14 100 IM - Andrew Qian
- Boys 9-10 25 Back- Robert Qian
- Boys 15-18 100 Back - JP Knopf
- Girls 15-18 100 Back- Grace Dai
- Boys 9-10 25 Breast - Robert Qian
- Boys 15-18 100 Breast - Huy Lam
- Girls 15-18 100 Breast -Emerald Shen
- Boys 9-10 25 Fly- Robert Qian
- Boys 13-14 50 Fly- Andrew Qian
- Boys 15-18 50 Fly- JP Knopf
- Boys 14&U Graduated Relay- Robert Qian, Alan Li, Andrew Qian, Michael Sabad

## NEW! ALL-STAR TIMES

A MEETS 1A/2A JUNE 19/26 2010



- Arona Baigal** - 50 Free(35.56) 25 Back(19.16), 25 Fly (18.28)
- Grace Dai** - 100 Back(1:12.14), 100 Free (1:03.65)
- Justin Guo** - 50 Fly (31.67)
- Juliya Harnood** - 25 Breast (26.01)
- Eliya Harnood** - 100 IM (1:18.63), 50 Free (31.12), 50 Back (36.69), 50 Fly (34.44)
- Max Hou** - 50 Breast (42.63)
- Cynthia Jih** - 100 IM (1:16.09) 50 Fly (34.03)
- Sydney Keith** - 25 Breast (25.02)
- JP Knopf** - 100 Free(55.84), 100 IM (1:06.15), 100 Breast (1:03.22), 50 Fly (27.93)
- Nam Lam** - 25 Fly (23.01)
- Huy Lam** - 100 Breast (1:11.83)
- Kyle Liu** - 50 Breast (42.55)
- Natalia Ochman** - 50 Breast (43.25)
- Robert Qian** - 100 IM(1:18.37), 50 Free(32.21), 50 Back( 17.34) 25 Breast(18.60), 25 Fly(16.34)
- Andrew Qian** - 50 Free(26.86), 100 IM (1:06.24), 50 Back (33.12), 50 Breast(34.69), 50 Fly (29.75)
- Michael Sabad** - 25 Free(16.89), 25 Back (20.18), 25 Fly (20.77)
- Antonio Sellemi** - 25 Back(23.25), 25 Breast (25.98)
- Victor Sellemi** - 50 Free (28.05), 100 IM (1:10.37), 50 Breast (36.82), 50 Fly (31.72)
- Emerald Shen** - 100 Breast (1:24.72)

### Team Contact

#### Information:

#### Team Coordinator:

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

#### A Meet Rep:

Anh Lam and Ann Tran,  
[anhlanl@verizon.net](mailto:anhlanl@verizon.net)

#### B Meet Rep:

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

### A SPECIAL THANKS TO:

## Ledo's Pizza

For welcoming the team for the Celebration after Saturday's A-meet!

"There is water in every lane.... so it is ok."  
- Ian Thorpe

"Try to concentrate on preparing to swim a race and let the other swimmers think about  
-Amanda Beard

**PERSONAL BESTS:** Abdurrahman Afeefy, Brigitta Agung, Joshua Aurdos, Arona Baigal, Ahmad Bannout, Hannah Bischoff, Samantha Bischoff, Keli Borja, Lea Brisbane, Marisa Brisbane, Sebastian Chang, Colby Chung, Corey Chung, Grace Dai, Juliette Eghterafi, Amalie ElFallah, Jacob Glinsmann, Jakob Gienger-Nieves, Brandon Gray, Patricia Guillen, Rebeca Guillen, JustinGuo, Steven Guo, Fatima Hamdan, Eliya Harnood, Juliya Harnood, Deborah Haryono, Naomi Haryono, Cynthia Jih, Sydney Keith, Zachary Kieth, Christine Kim, Ethan Kim, JP Knopf, Don Lam, Huy Lam, Nam Lam, Allison Lee, Emily Lee, Alan Li, Michelle Ling, Kyle Liu, Maddie Liu, Miranda Liu, Michelle Ling, Kiersten Madoo, Tyler McDonald, Hailli Miner, Benjamin Nachod, Zachary Nachod, JosephNonato, Danielle Norwitz, Alexander Ochman, Krystian Ochman, Natalia Ochman, Sunny Ouyang, Chris Park, Joshua Park, Prithu Pareek, Jagan Prem, Lauren Portis, Andrew Qian, Robert Qian, Ria Rawool, Laura Roser, Amy Rothstein, Jake Rubenstein, Kiley Rush, Michael Rush, Michael Sabad, Zarah Salas, Anastasia Schobitz, Nikulas Schobitz, Antonio Sellemi, Victor Sellemi, Sachi Shah, Sahaj Shah, Emerald Shen, Isaiah Shen, Eric Tao, Kevin Tat, Kouros Tavakoli, Lemuel Tyler, Michael Wong, Anna Wunsch, Michelle Yang, Aaron Yue, Justin Yue, Dany Zamat, Med Zamat, Rayan Zamat, Joyce Zhou, Samuel Zhou

# Coach's Corner

Congrats to all of the swimmers for such an outstanding performance last Wednesday night and Saturday morning. There were a lot of great swims and personal bests. Keep up the hard work in practice! I would like to remind all swimmers to maintain a positive attitude during practice. We (the coaches) do not like to hear swimmers say that they can't do a practice set before they try it. Remember we are not going to give you something you can't do. It will be challenging, as practice is supposed to be, but we do not want you guys giving up before you even try it. Stay positive in practice and keep working hard. Let's get excited for this weekends meet against Woodley Gardens, we are both undefeated so it should be an exciting meet. Parents please make sure your kids are getting enough sleep the night before a meet. Thanks!

~Coach Ken



## RED, WHITE, & BLUE WAFFLE BREAKFAST

Monday, July 5th,

we will have our annual "Red, White and Blue Waffle Breakfast." Join the team for waffles after your practice on Monday! There is no cost for this event! Parent volunteers will make waffles that swimmers can then top with strawberries, blueberries and whipped cream! This event will take some place during Monday morning practice. Listen up for more updates!

## "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 \$2, you can get a bagel, cream cheese and a cup of juice. But, if you pair up with a friend, we'll give you 2 bagels, cream cheese and 2 cups of juice for \$3. 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!

## Directions:

**Darnestown Pool**  
15004 Spring Meadow Rd  
Germantown, MD 20874

**Woodley Gardens Pool**  
850 Nelson St  
Rockville, MD 20850

### Torpedo Spirit Wear

# ON SALE!

Sold in the Germantown Torpedo Team Area!

Get an additional Torpedo magnet for your other car!

**only \$5**

Green drawstring backpacks

**only \$10**

New adult Torpedo polo shirts for sale! Parents show your spirit and purchase a shirt to wear at the meet!

White polo shirts in sizes: Medium, Large and Extra Large

**only \$15**

**Limited supply! Get yours soon!**

Date	Event
June 30	7:30-9AM (10&Up)
Morning Practice	9-10:30 (10&Under)
B-Meet (1B)	<b>Bad to the BONE</b> AWAY vs. Darnestown
July 1	7:30-9AM (10&Up)
Morning Practice	9-10:30 (10&Under)
Evening Practice	All: 8-9PM
July 2	7:30-9AM (10&Up)
Morning Practice	9-10:30 (10&Under)
July 3	<b>Red White &amp; Blue</b> AWAY vs. Woodley Gardens
A-Meet (2A)	Warm Ups: 8:00 AM