

Torpedo Tales



Edition 3

June 23, 2009

Team Contact Information :

Team Coordinator:

Kathy Rush,
301-540-8343
Kathie@rushport.com

A Meet Rep:

Anh Lam and Ann Tran,
anhahh1@verizon.net

B Meet Rep:

Tammy Norwitz,
301-515-2346
mnorwitz@comcast.net

Chief Editor: Hana L.

A SPECIAL THANKS TO:

Agrodolce in Milestone Plaza, Germantown, MD

Chick-Fil-A Germantown Town Center

N & N Gifts Gaithersburg, MD

Aardvark Swim & Sport Rockville, MD

Domino's Pizza Middlebrooke Germantown

COACHES CORNER

Thanks for everyone showing their support and positive effort on Saturday's A - Meet. It has been tough throughout the past week in order to prepare for our first meet of the season. In order to make this season goal winning in the near future, some things need to change starting this week:

11 & up Swimmers

1. Practices (Motivational)

- Have a positive attitude
- Work hard and think about what you are doing
- Good habits (ex: streamlining and breath control)
- STOP whining, negotiating and thinking negative thoughts to the coaches and to yourself !

2. Prepare for Practice

- Get to PRACTICE on time
- Get in the WATER on time
- Go to the bathroom before practice
- Extra goggles and caps in bag
- Bring Water/Gatorade

10 & under Swimmers

1. Practices (Motivational)

- Listen and follow directions for the first time
- Ask questions after given instructions
- Stay above water

- Don't worry about who is going first, second, etc
- Stop talking and goofing around
- STOP dunking each other
- STOP hanging on each other
- STOP playing with the kickboards
- STOP hanging on ropes !!

2. Good Habits

- Think about what coaches tell you to do
- Focus
- Keep practicing past instructions to improve your stroke
- **Always work on: streamlining, flip turns, breath control, and starting and finishing
- Move for your fellow teammate to finish
- Leave 5 seconds apart
- Let people pass you at the next wall if they touch your toes

3. Positive Attitude

- Help each other
- **DO NOT** say "I CAN'T DO IT", "IT'S TOO HARD"

4. Communication

- Join Yahoo Group at the Germantown Torpedoes Swim Team website
- Daily check mailboxes
- If you will be missing a practice/meet, please send an email or place a note to one of the coaches

"A winner makes commitments to a goal, a loser makes promises."

"Defeat should never be a source of disappointment, but rather a fresh stimulus"

- UNKNOWN

These are all important things we must do as a team to end this season right.

The following swimmers have been acknowledged for their hard work, dedication, and improvement:

Swimmers of the Week (May 27-June 12):

Britney Escobar, Nikhil Gowda, Fatima Hamdan, Luna Homs, Joe Nonato, Michael Rush

Swimmers of the Week (June 15-19):

Antonio Checchia, Cynthia Echevarria, Jordan Fernandes, Don Lam, Zach Nachod, Danielle Norwitz, Kiley Rush

Swimmers of the Meet (Time Trials):

Hannah Bischoff, Marisa Brisbane, Grace Dai, Emily Glinsmann, Zach Grantham, Nam Lam, Edward Liang, Kyle Liu, Jake Rubenstein

Swimmers of the Meet (Woodley Gardens):

Carly Alvarado, Sam Amberg, Arona Baigal, Lea Brisbane, Colby Chung, Grace Dai, Cynthia Echevarria, Amalie ElFallah, Butch Gecgil, Eliya Harnood, Max Hou, Freya Jiang, JP Knopf, Don Lam, Huy Lam, Nam Lam, Alan Li, Miranda Liu, Zach Nachod, Danielle Norwitz, Jennifer Papandrea, Andrew Qian, Robert Qian, Cody Raum, Nathan Roser, Jake Rubenstein

-Coach Kate, Amanda, Eddie, Nadia

PARENT CORNER

Once a Torpedo Always a Torpedo

2009 is shaping up to be a season of change for the Torpedoes. As many of you already know after 7 (or is it 8?!!) years as MCSL representative, family circumstances have prompted John Viqueira to step down as A-Rep. 2009 also brings the largest crop of graduating seniors in team history, many of whom have been long term members of the Torpedo family. We are seeing a large influx of new swimmers and their families, so in addition to being a year of change, this will be a year of growing and building. Although we, the Viqueira family, will not be active participants with the team this year, we encourage all our graduating Seniors to take the

initiative to pass on our Torpedo traditions to the new team members with pride and enthusiasm.

For all of our new swimmers and their families, please remember that summer swimming is about swimming as a team. We encourage you to participate fully in all the team activities. There are many opportunities for parents and siblings to help out, and for swimmers to earn SSL hours.

We host lots of fun social activities for the entire team. Summer swimming is unique among sports, because it offers the ability for entire families to be part of and contribute to a single team effort. Summer swimming is a wonderful way to create family unity and family memories.

Most of all, we would like thank Anh Lam and Ann Tran for taking on the job of MCSL Rep. This is definitely a very important team function, and they deserve all the support you can give them. Speaking from experience, the best way to thank Anh, Ann, and the other leaders and coordinators for the hard work that they do, is to be a ready and willing volunteer at meets, social events, and in the organization and planning efforts.

Thank you to all our Torpedo family for the wonderful experiences of the past seven summers, and good luck to you all in the upcoming season, and beyond, as you work hard in the pool to set new team records, and out of the pool to forge new traditions and make the Torpedoes a fun force to be reckoned with in MCSL.

Always Torpedoes,
John and Susie Viqueira

REP CORNER

The Torpedo Swimmers did a great job on Saturday . . . There were many "personal best" swims, congratulations and keep up the FAST swims!

Many **thanks** to all the parents who stepped up and volunteered on Saturday. Woodley Gardens had wonderful things to say about our volunteers and our pool . . . too bad the weather didn't cooperate a little more!

Our first "B" meet is Wednesday at HOME vs. Westleigh. Swimmers must sign up by end of Tuesday MORNING practice and remember:

1. Swimmers can only swim 3 individual strokes plus IM between the Sat. meet and the Wed. meet.
2. If a swimmer scored points (1st through 5th place) in 2 or more races on Saturday, but didn't swim the maximum races allowed, that swimmer MAY still be able swim on Wednesday, but only for exhibition.

We are still in need of volunteers for Wednesday night, please sign up at the pool or send an email to Kathie@rushport.com. Thank you, in advance, for all your help!

- Tammy Norwitz and Kathy Rush

Coming Soon! NEW! Silicone Caps

Torpedo Spirit Wear

ON SALE

GERMANTOWN SWIM TEAM

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

Expiration Date: June 2009

Links to Torpedo News

1. Mailboxes - daily check your mailboxes in the team area
2. G - Town Website - www.germantowntorpedoes.com
3. Yahoo Group - you can receive messages and information easily
4. Twitter/Facebook
5. Kathy Rush (Team Coordinator) - please send your email to Kathy@rushport.com

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.

Weekly Calendar

Date	Event
June 24 Morning Practices Set up: 4:30 PM Warm Ups: 5:00	B - Meet HOME vs. Westleigh Theme: <i>Futuristic</i>
June 25 Morning Practices Evening Practice	All: 7:30-9 AM 9-10 (10 Younger) Pre-team: 10-10:30 AM All: 8-9 PM
June 26 Morning Practices	All: 7:30-9 AM 9-10 (10 Younger) Pre-team: 10-10:30 AM
June 27 Caravan: 7:15 AM Meet at the pool Warm Ups: 8 AM	A - Meet AWAY vs. Westleigh Theme: