

Torpedo Tales



Edition 4

June 30, 2009

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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

#1 We will hold a butterfly clinic during Tuesday's evening practice.

#2 There will be one fun practice Friday morning for the whole team from 8-9:30 AM. After practice, we'll have waffles and make posters for Saturday's A meet (July 4) and Wednesday's B meet (July 8).

#3 The theme for this Saturday (July 4) and next Wednesday (July 8) is red, white, and blue.

#4 Thanks for all the emails and notes in my mailbox about missing A meets - I appreciate it!

- Coach Kate

NEW! ALL - STAR TIMES



A MEET VS WESTLIEGH JUNE 27 2009

- Carly Alvarado - 50 Free (32.19), 50 Back (36.44)
- Grace Dia - 50 Back (34.15)
- Freya Jiang - 50 Breast (42.89)
- Miranda Liu - 25 Breast (25.24)
- Emerald Shen - 50 Breast (40.09)
- JP Knopf - 100 Back (1:07.70)
- Huy Lam - 50 Breast (35.46)
- Alan Li - 25 Free (34.78), 25 Breast (21.81)
- Andrew Qian - 100 IM (1:09.73), 50 Breast (35.88)
- Robert Qian - 25 Breast (20.10)
- Victor Sellemi - 50 Fly (31.25)

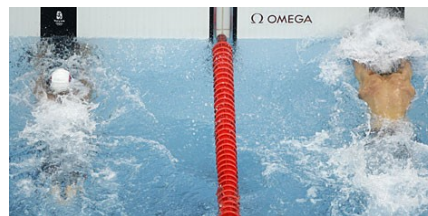
"The height of your success is determined by the depth of your belief"

- UNKNOWN

"Seize the day, put no trust in tomorrow"

- HORACE

Photo of the WEEK



Every finish counts, pull strong till the very end

Michael Phelps finishes first by a "micro-second" in the men's 100m butterfly (2008 Beijing Olympics) against Milorad Cavic.

PERSONAL BEST

GIRLS - WEEK 1B and WEEK 2

Carly Alvarado, Lily Amberg, Sammantha Amberg, Arona Baigal, Hannah Bischoff, Sammantha Bischoff, Mercedes Blankenship, Brandy Botsford, Lea Brisbane, Marisa Brisbane, Julia Busch, Gabby Burleson, Grace Dia, Mary Dieng, Amalie EIFallah, Sara EIFallah, Emily Glinsmann, Fatima Hamdan, Juliya Harnood, Luna Homs, Freya Jiang, Miranda Liu, Maddie Liu, Kiersten Madoo, Fiona McCue, Elise Moulton, Elizabeth Moulton, Emma Moulton, Megan Nonate, Danielle Norwitz, Natalia Ochman, Sunny T Ouyang, Jennifer Papandrea, Ria Rawool, Laura Roser, Amy Rothstein, Kiley Rush, Daniela Santigo, Emerald Shen, Katelyn Tat, Anahita Tavakoli, Tiffany Wang, and Joyce Zhou

REP CORNER

Congratulations to all the Torpedoes who swam in yesterday's meet! You swam hard and never gave up. Great job!

I wanted to share information with you on this week's events: (there is lots to share!)

1. On Tuesday June 30th the coaches have decided to have a "Fourth Stoke Night." You are all aware that MCSL rules only allow a swimmer to compete in 3 individual events over the course of the week. Therefore, there are some swimmers who never get to improve their time in that "fourth stroke." Well, here's your opportunity. At the evening practice on Tuesday (8 – 9 PM) we will set up 2 lanes for swimmers to swim that fourth stroke, BUT there are some rules. This Tuesday we will do only the free and back strokes (the following Tuesday, we'll do breast and fly.)

** Swimmers MUST sign up in advance and this is ONLY for swimmers who have not gotten a time in free or back since time trials. (sign-up sheet will be at the pool starting Monday, OR you can email me at Kathie@rushport.com)

** You can ONLY swim ONE OF THE STROKES, so if you sign up to swim back on Tuesday, DON'T try to sign up to swim fly next Tuesday.

Parents: We'll need LOTS of help to pull this off: We need a Starter, a S&T Judge and 6 timers. If you're willing to help, please talk to me or email me at Kathie@rushport.com. **If we don't get enough volunteers, this won't work.**

2. Our Wednesday night meet is at Darnestown, the pool is located at :

15004 Spring Meadow Rd
Germantown, MD 20874
(301) 330-9616

Please be at the Darnestown pool by 5:15 PM so you'll be ready for warm ups. The meet starts at 6.

Please sign up by end of MORNING practice on TUESDAY, there will be NO deck entries Wednesday night!

Saturday's Meet:
4510 Flower Valley Dr
Rockville, MD 20853
(301) 929-1284

Parents: we need lots of volunteers, as usual, please sign up to volunteer or email me ASAP!

3. Saturday is July 4th and YES we have a meet! At Flower Valley located at :

Stay tuned for the theme.

PLEASE NOTE: THIS MEET STARTS AT 8:30 AM, not 9.

If you are not available for this meet, please let the coach know ASAP. Likewise, if you need to leave a meet early, PLEASE check with Coach Kate before you leave.

Parents: Do I even need to say it . . . we need volunteers????? Because we do!

OK, that's it for now . . . raise your hand if you're on "overload!" My apologies, but there is so much information to pass on. QUESTION? You can always talk to someone at the practices or email me.

- Kathie Rush

B - MEET BAGELS

Thursday will be our "B" Meet Bagels. Join the coaches between practices @ 9:00 for a bagel, cream cheese and juice with the distribution of ribbons from the previous night's meet. Only \$1.

WAFFEL FEST

Friday, we will have our annual "Red, White and Blue Waffle Breakfast." Join the team for waffles after your practice on Friday! There is no cost for this event! Parent volunteers will make Belgium waffles, that swimmers can then top with strawberries, blueberries and whipped cream! Then stick around to work on the theme for the Saturday meet "Red, White and Blue." The coaches will announce the final lineup for Saturday's meet at this practice.

PERSONAL BEST

BOYS- **WEEK 1B and WEEK 2**

Charlie Burleson, Sebastian Chang, Jordan Fernades, Bogac Gecgil, Jacob Glinmann, Nick Grantham, Zachary Grantham, Joshua Hairhan, Ali Hamdan, Rami Homsy, JP Knopf, Don Lam, Huy Lam, Nam Lam, Alan Li, Bowen Lian, Edward Liang, Kyle Liu, Liam McCue, Evan Moulton, Zachary Nachod, Joseph Nonato, Andrew Qian, Robert Qian, Jake Rubenstein, Michael Sabad, Antonio Sellemi, Victor Sellemi, Isaiah Shen, Mihai Sirbu, Kevin Tat, Kourosh Tavakoli, Jared White, Med Zamat, Rayan Zamat, and Samuel Zhou



Visit the USA SWIMMING website for the inside scoop of Olympic Swimmers today.

Weekly Calendar

Date	Event
July 1 Morning Practices Warm Ups: 5:20 PM	B - Meet AWAY vs. Darnestown Theme: <i>NFL</i>
July 2 Morning Practices Evening Practice	All: 7:30-9 AM 9-10 (10 Younger) Pre-team: 10-10:30 AM All: 8-9 PM
July 3 Morning Practices	All: 7:30-9 AM 9-10 (10 Younger) Pre-team: 10-10:30 AM
July 4 Caravan: 7:15 AM Meet at our pool **Meet Start Time: 8:30 AM	A - Meet AWAY vs. Flower Valley Theme: RED, WHITE, AND BLUE