

Torpedo Tales



Edition 5

July 20, 2010

Team Contact

Information:

Team Coordinator:

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A Meet Rep:

Anh Lam and Ann Tran,
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B Meet Rep:

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Editor - Amalie El-

A Special Thanks to:



Agrodolce Ristorante

21030J Frederick Road
Germantown, Maryland
20876

(located in Milestone Center on
Route 355)

CONGRATULATIONS!

Robert Qian for breaking an MCSL Long Course Record in the BOYS 50M Breast with a time of 39.44!

PERSONAL BESTS:

Abdurrahman Afeefy, Joshua Aurdos, Arona Baigal, Ahmad Bannout, Zainab Bannout, Kuhoo Bhal, Hannah Bischoff, Samantha Bischoff, Keli Borja, Lea Brisbane, Marisa Brisbane, Colby Chung, Corey Chung, Grace Dai, Cynthia Echevarria, Joshua Gienger-Nieves, Jakob Gienger-Nieves, Jacob Glinsmann, Brandon Gray, Julianna Gray, Patricia Guillen, Rebeca Guillen, Justin Guo, Fatima Hamdan, Eliya Harnood, Juliya Harnood, Max Hou, Cynthia Jih, Sydney Keith, Zachary Kieth, Ethan Kim, Don Lam, Huy Lam, Nam Lam, Alan Li, Michelle Ling, Kiersten Madoo, Ben Mendell, Kamryn Mendell, Hailli Miner, Benjamin Nachod, Zachary Nachod, Megan Nonato, Joseph Nonato, Danielle Norwitz, Alexander Ochman, Krystian Ochman, Natalia Ochman, Sunny Ouyang, Chris Park, Joshua Park, Isabella Periz, Andrew Qian, Bennett Rich, Kiley Rush, Michael Rush, Michael Sabad, Zarah Salas, Aditya Sastry, Aneesh Sastry, Antonio Sellemi, Victor Sellemi, Sachi Shah, Sahaj Shah, Emerald Shen, Isaiah Shen, Eric Tao, Katelyn Tat, Gabriel Torres-Esperanza, Kevin Tat, Kourosh Tavakoli, Jared White, Michael Wong, Joann Wu, Justin Wu, Anna Wunsch, Michelle Yang, Robert Yang, Aaron Yue, Justin Yue, Samuel

Swimming is more than a once-every-four-year sport. The goal is to bring attention to swimming - to give it some personality.

- Michael Phelps

CONGRATULATIONS!

Boys 8&Under 100M Medley Relay Michael Sabad, Antonio Sellemi, Nam Lam, and Joseph Nonato

Boys 18&Under 250M Freestyle C.R.

Michael Sabad, Alan Li, JP Knopf, Robert Qian, and Andrew Qian

NEW! ALL-STAR TIMES

WEEK 4A - BANNOCKBURN



Arona Baigal - 50 Free (35.67) 25 Back(19.23), 25 Fly (17.66)

Grace Dai - 100 Free (1:03.95), 100 Back(1:11.03)

Justin Guo - 50 Fly (31.58)

Juliya Harnood - 25 Breast (26.33)

Eliya Harnood - 100 IM (1:18.87), 50 Free(30.89), 50 Back (35.95), 50 Fly (34.61)

Max Hou - 50 Breast (42.36)

Cynthia Jih - 50 Free (30.73), 100 IM (1:17.20), 50 Back (35.84), 50 Fly (33.57)

Huy Lam - 100 Breast (1:14.09)

Alan Li - 50 Breast (43.17)

Danielle Norwitz - 50 Back (35.84)

Natalia Ochman - 50 Breast (43.34)

Robert Qian - 100 IM(1:18.92), 50 Free(32.44), 25 Back(17.74), 25 Fly(16.41)

Andrew Qian - 50 Free(27.77), 100 IM (1:07.91), 50 Back (33.24), 50 Breast(35.66)

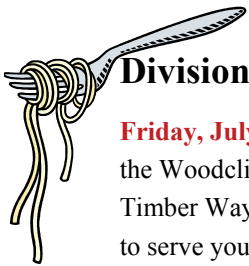
Michael Sabad - 25 Free(17.67), 25 Back (22.64), 25 Fly (19.16)

Victor Sellemi - 100 IM (1:12.41), 50 Breast(36.57), 50 Fly (31.15)

Emerald Shen - 100 Breast (1:23.09)

FINAL B-Meet Bagel's

Thursday, July 22nd, we will hold our last bagel event for the season. Cost will be \$2 per person and \$3 for two people, consisting of a bagel, juice, and cream cheese from our one and only Royal Bakery!



Divisionals Carb Load Dinner

Friday, July 23rd from 6-8:30, the Carbo-Load will be hosted at the Woodcliffe Community Club House. (located 18501 Broken Timber Way, Boyds, MD, 20841) There will be pasta, fruit, and etc. to serve your every want before the big meet! We will need volunteers to help set-up at 5:30 and to clean up. The assistance would be greatly appreciated as we want to make sure the swimmers get a FANTASTIC pre-meet meal and good luck the night before! If you can help, please contact Kathie Rush or Alex and Melissa Sabad.

Thank You!

Post Divisional Picnic

Where: Rush Home (20620 Top Ridge Drive, Boyds, MD)

When: June 24th **AFTER Divisionals**

Cost: \$5 per person (3 & under FREE) **Pay at the door**

There will be hamburgers, hot dogs, chicken, salad and drinks. Last names beginning with A through M are requested to bring a side dish, last names beginning with N through Z are requested to bring a dessert. Directions will be in the team area.

End of the Year Party

The 2010 Torpedo Banquet and Awards Ceremony will be held at Kingsview Middle School's All Purpose Room. There will be a Team Picture at the pool @5pm. PLEASE wear your team swim suit! The Banquet will start at 6PM. If you haven't already, please register by July 23 the forms are in the team area. Agrodolce, our #1 Torpedo Supporter will be catering the banquet. Awards will be given to the swimmers for their achievements this year along with a team gift.

Adults/Non Swimmers 16 and older: \$10 each
Swimmers (all)/Siblings ages 4 to 15: \$5 each
Children 3 & under: Free

SSL INFORMATION

ALL SSL hours from student volunteers need to be turned into the green binder located in the team file box. (in team area). The deadline is by the banquet. (July 28) Please make a sheet in the binder and record hours you've worked, then one of our parent volunteers will send the form to you by mail. (ASAP!)

Divisional Spirit

This weekend is DIVISIONALS and spirit is a big key in hosting the event. The theme is "Braveheart." There will be kilts for swimmers to wear and face paint just like in the film. Show your Spirit Torpedoes!

Date	Event
July 21 Morning Practice ☆☆☆ SUPERSTARS	7:30-9AM (10&Up) 9-10:30 (10&Under) <i>HOME</i> Warm-ups @4:30
July 22 Morning Practice	7:30-9AM (10&Up) 9-10:30 (10&Under)
July 23 Morning Practice Carb Load Dinner Pep-Rally	7:30-9AM (10&Up) 9-10:30 (10&Under) @ 6PM @ 7:30PM
July 24 Divisionals	Braveheart <i>HOME</i> Setup Starts-6AM +Post Divisional Picnic after
July 26 Fun Practice (Last Team Practice)	8-9AM All Ages are WELCOME!
July 28 Torp Banquet	Team Picture- 5PM @pool Banquet- 6PM

