

Tarpon Times

News from Tanterra Swim & Dive Team

Volume 1, Issue 3, Friday June 19, 2009

EXTRA! EXTRA! Tarpons of the Week Announced



Pictured L to R, Jasmine Jones-Olszewski, Luke Kowalski, Summer White, Alex Smoot.

Congratulations to our Week 1 Swimmers & Divers of the Week. Great Job!

Divers of the Week

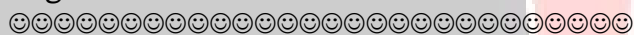
Jasmine Jones – Olszewski
Luke Kowalski

Swimmers of the Week

Summer White
Alex Smoot

These teammates have stood out over the past week for their willingness to participate, work hard, support their other teammates, and overall show great TARPON characteristics.

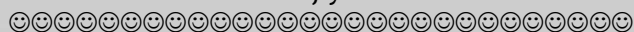
Congratulations!



Joke of the Week

Question: What kind of stroke can you use on toast?

Answer: A BUTTER-fly!.



Quote of the Week

"Success is waking up in the morning, whoever you are, wherever you are, however old or young, and bounding out of bed because there's something out there you LOVE to do, that you believe in, that you're good at-- something that's bigger than you, and you can hardly wait to get at it again today."

- Whit Hobbs

Vacation Form Reminder

If you haven't done so already, please turn in your Vacation Forms to the Coaching Staff as soon as possible. Coaches need to know in advance who will be available to swim on Saturdays and Wednesdays to avoid any last minute scratches and ensures a complete roster at meets. Please complete for both A and B meets as there is no guarantee your child will be only an A or B swimmer.

Calendar of Events for the week of June 19:

June 19: 10:30 AM--Pep Rally/Team Breakfast
"Saddlin' Up for a Win!"

5:15 PM--Team Photos

6:00 PM--Pasta/Movie Night

June 20: 9:00 AM--Tanterra Swim @ Mohican
5:00 PM--Dive Officials Clinic @ Glenwood

June 21: 5:00 PM--Tanterra Dive @ Mill Creeke Town

June 22: Afternoon Practice Begins for all ages
5:00 Swim; 6:00 Dive

June 23: 6:30 PM--Family Putt Putt Golf Night

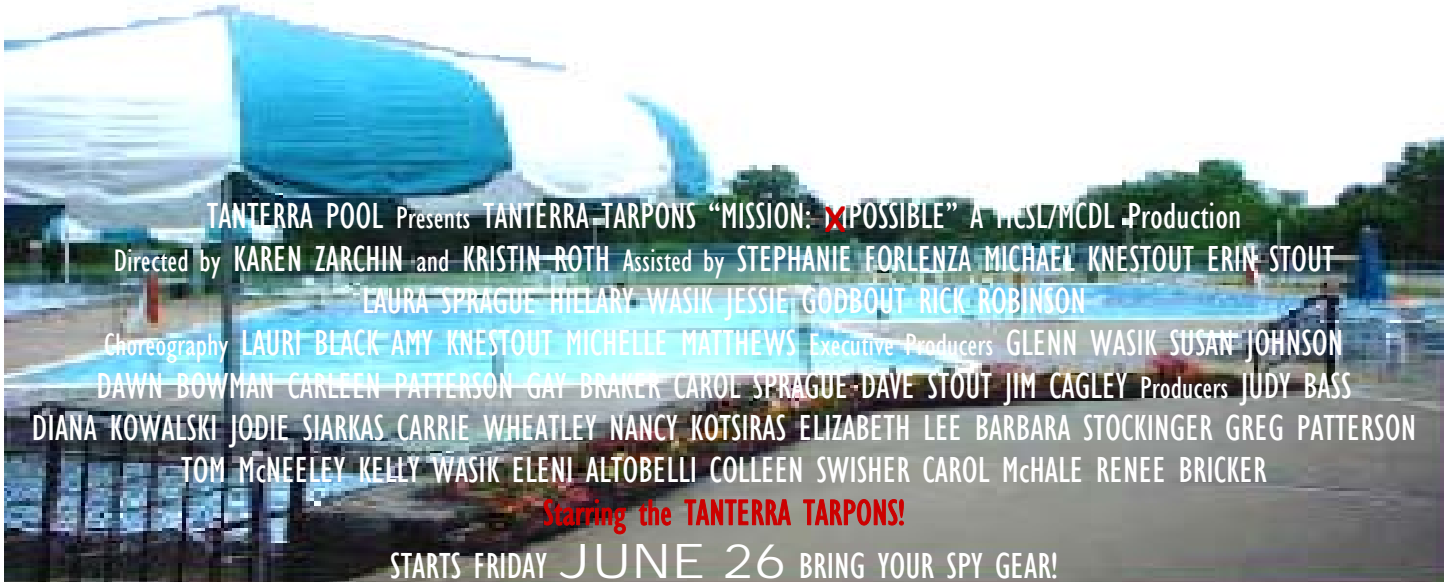
June 24: 6:15 PM--Rockville @ at Tanterra

June 25: XXXXXX--Dive Officials Clinic @ Old Farm

TANTERRA TARPONS



MISSION: ~~X~~ IMPOSSIBLE



TANTERRA POOL Presents TANTERRA TARPONS "MISSION: ~~X~~ IMPOSSIBLE" A MCSL/MCDL Production

Directed by KAREN ZARCHIN and KRISTIN ROTH Assisted by STEPHANIE FORLENZA MICHAEL KNESTOUT ERIN STOUT

LAURA SPRAGUE HILARY WASIK JESSIE GODBOUT RICK ROBINSON

Choreography LAURI BLACK AMY KNESTOUT MICHELLE MATTHEWS Executive Producers GLENN WASIK SUSAN JOHNSON

DAWN BOWMAN CARLEEN PATTERSON GAY BRAKER CAROL SPRAGUE DAVE STOUT JIM CAGLEY Producers JUDY BASS

DIANA KOWALSKI JODIE SIARKAS CARRIE WHEATLEY NANCY KOTSIRAS ELIZABETH LEE BARBARA STOCKINGER GREG PATTERSON

TOM McNEELEY KELLY WASIK ELENI ALTOBELLI COLLEEN SWISHER CAROL McHALE RENEE BRICKER

Starring the TANTERRA TARPONS!

STARTS FRIDAY JUNE 26 BRING YOUR SPY GEAR!

Coaches Corner

Swimmer's, take your mark!

Tanterra swimmers and parents get ready for the first full week of swim meets! This is going to be an exciting summer for the Tanterra swim team as we begin our quest to dominate in the water this summer. The kids have been doing an incredible job during practices and the coaches are really looking forward to seeing the results of that hard work.

I believe that in order for us to truly reach our full potential as a team that we need to take care of our bodies by eating properly. There has been a ton of research done on what a swimmer should eat the days leading up to a meet as well as during a meet. The point is to prepare your body for the race of your life. Here are a few tips that I have compiled that may help you swim the RACE OF YOUR LIFE this summer...

1. Eat a good dinner with plenty of carbohydrates and low amounts of protein the night before you swim.
2. Go to bed early!!! The night before a meet, you need a lot of sleep.
3. Eat a good breakfast at least two hours before your swim. Cereal, toast, eggs, pancakes, waffles, even a peanut butter sandwich - as long as it is a meal that hits the main food groups and is easy for you to digest.
4. Race day pack lots of snacks! Bananas, low-fat crackers, low-fat muffins, fruit smoothies, plain toast with no butter, pasta, cereals, bagels, breads, trail mix, fruits, and pretzels.
5. DRINK WATER!
6. During the meet keep yourself warm when not swimming. Wear sweatpants and a sweatshirt and be sure to bring extra towels if you are swimming multiple events.
7. RELAX!!! Summer swimming is a great time to support your friends and an excellent opportunity to make some new friends.

Best of luck and I wish you all the SWIM OF YOUR LIFE!

Karen

MISSION: IS IT POSSIBLE? How Can We Keep It All Straight?

Good Morning Tanterra Tarpons.

This week your target is a wiley, ever illusive, challenge. Is it even possible to try and keep up with all of various time commitments involved with summer swim and dive?

Your mission, should you choose to accept it, is to attempt to keep track of the following times, commit them to memory, and arrive at the appointed as scheduled:

June 20 A Meet: Swimmers arrive at Tanterra Pool @ 7:00 AM for check in and car caravan to Mohican. Warm-ups are at 8:20. Meet in the parking lot at 8:00.

June 21 Dive Meet: 3 PM warm-ups at Tanterra. Car caravan leaves from Tanterra @ 4 PM for Mill Creeke Town.

June 23: Arrive at Tanterra at 6:15 to caravan for Family Golf Outing.

June 24 B Meet: Swimmers arrive at Tanterra Pool at 4:45. Meet starts at 6:15.

Officials & Timers: Arrive at all meets at least 30 minutes prior to start of meet.

Tarpons . . . Good luck.

This newsletter will self destruct in 3 seconds . . .



Moses' first and last day as a lifeguard.

Family Miniature Golf Event

Tuesday's evening practice (June 23) will be shortened by ½ hour so those swimmers/divers can join in the miniature golf outing.

The car caravan will leave from Tanterra at 6:15 or families can meet at the golf center

Mid-Atlantic Golf Center
3701 Norbeck Rd.
Silver Spring, MD 20906
301-924-8444

Cost is \$5.00 per golfer per round.

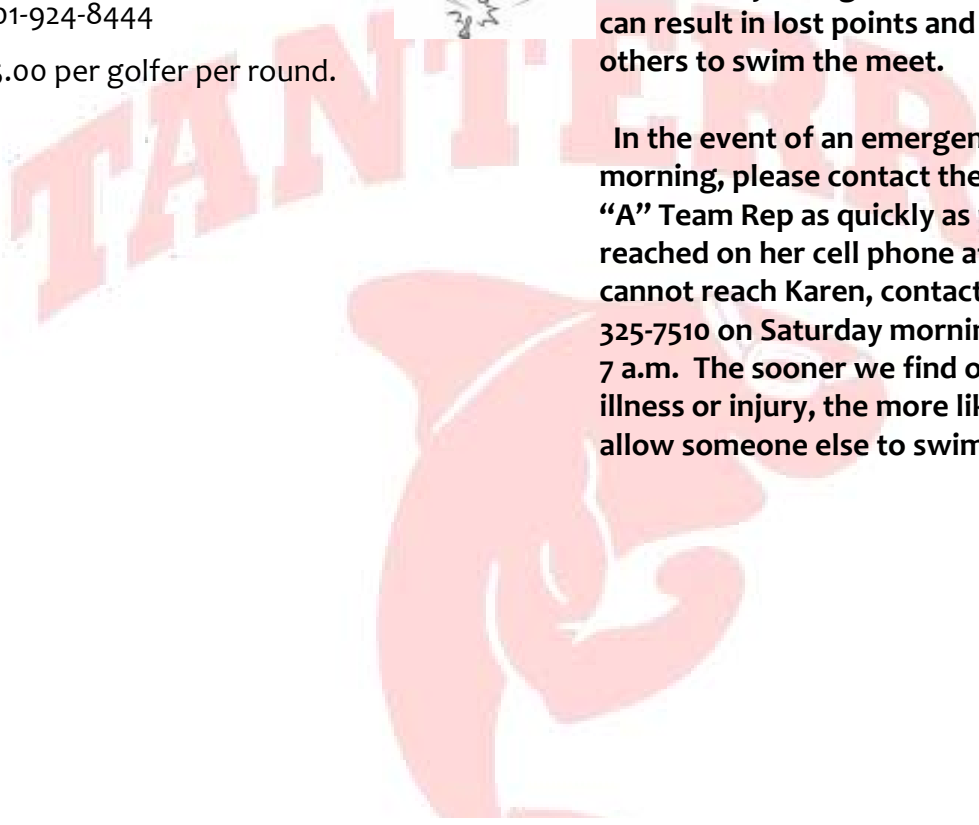


Important Information

Concerning Missing a Saturday Meet

If you cannot come to a Saturday meet, coaches should be notified in writing as far in advance as possible. It is crucial that the coaches know of any potential Saturday absences BEFORE Friday. This policy is necessary because the Head Coach is allowed to make only 3 line-up changes after noon on Friday. Additionally, after 8:50 a.m. on Saturday morning, the Head Coach is not allowed to make any changes in the line-up at all, which can result in lost points and lost opportunities for others to swim the meet.

In the event of an emergency on Saturday morning, please contact the Head Coach or the "A" Team Rep as quickly as possible. Karen can be reached on her cell phone at 301-325-2973. If you cannot reach Karen, contact Susan Johnson at 301-325-7510 on Saturday mornings between 6 a.m. and 7 a.m. The sooner we find out about a swimmer's illness or injury, the more likely we will be able to allow someone else to swim in his/her place.



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Family 2009 Directory Misprints

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