



ALL STARS SPLASH

TPDC Swim Team

The Swim of Things...

2008 Executive Board

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The excitement is in the air! TPDC swimmers are gearing up for what may be the most competitive season in the team's history. With our first meet only 1 week away, our coaches are enthusiastic and our swimmers are working harder than ever at practice to ensure that they have fun at the meets. It goes without saying that our first meet on June 21 will be one of the most highly anticipated swim meet. This historic meet featuring two diverse teams will bring out the best effort from swimmers of both teams. **Lets get fired up!!**

This season, the league has added two open relay events to the schedule of events. The relays will be feature boys and girls from any age group in two 200 medley relay events. Each swimmer on the relay will swim in the following order 50 backstroke, 50 breaststroke, 50 fly and 50 free. These relays are for generating excitement only because they do not carry any points.

Another change this year, is the start time for meets in the "A" division. The division has voted to start all "A" division meets ½ hour later. The TPDC swim family will be notified on a weekly basis about the time the swimmers should arrive at each meet.

We are definitely in the Swim of things!

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What To Bring To A Swim Meet

With our first meet fast approaching, may I remind everyone of some basic items that our swimmer need to have when they go to a swim meet (at home or away). See a suggested list of things to pack or have your swimmer (s) pack to bring to a swim meet:

- Team suit (all black with or without the TPDC logo)
- Two pairs of goggles (a spare one in case one breaks)
- TPDC cap
- TPDC tee-shirt
- At least 2 towels
- Sweatpants and sweatshirt (even in this area, summer morning can be chilly)
- Water or sports drinks
- Healthy snacks (eg. fruits, cereal, bagels, power bars)
- Sunscreen
- Team spirit!

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Fundraising Committee Report

The Fundraising Committee, led by Dana and Shelly Grasty have come up with a great way for our team to raise some much needed funds this season. Sponsor cards are being distributed to parents and swimmers. The sponsor cards are available from Coach Green.

The concept is that:

- Swimmers will have two weeks beginning on Monday, June 16, to solicit donations from family members, friends, neighbors, church members and teachers. The requested contribution amount is \$5.00 per person. Contributions in excess of \$5.00 are welcome. **
- Sponsor cards and contributions should be placed in an envelope and given to Marina Wilson-Humphrey on or before the end meet on June 28 at Strathmore Bel Pre.
- All funds will be tallied by swimmer.
- The swimmer with the highest total for girls and boys will each get a reward.

Please be sure to make sure your swimmer gets a sponsor card from Coach Green! Let's make this work for the benefit of all our swimmers!

**A letter will be prepared for contributors who need our Tax ID number to document their gift.

Some Ways to Have a FUN meet

- **Attend practice and work hard to be in the best position to swim at the meets.**
- **Go to bed early the night before the meet.**
- **Arrive at meet early and be ready to swim at the start of warm-ups.**
- **Have sweat shirt and pants to keep warm after warm-ups. Shivering wastes needed energy.**
- **Know the events you will be swimming.**
- **After each race, remain in the water until all swimmers are finished the race and congratulate your competitors with a hand shake.**
- **Drink fluids to stay hydrated and eat healthy snacks.**
- **Stay until the end of the meet. The most exciting events are the last three relays.**
- **Cheer on your teammates.**
- **Clean up the team area. Pick up a minimum of three pieces of trash. Leave the area looking better than it looked when we arrived.**

Fundraising Committee Members

Dana Grasty
Rob Green

Shelly Grasty
Sharon Bartholomew

Tracie Moore
Janet Bragdon

Petra Pierre
Shanta Smith

2008 Coaching Staff

HEAD COACH

ROB GREEN
8th Season

Assistant Coach

Rob Green, Jr.
3rd Season

Assistant Coach

Miguel Orellana
2nd Season

Assistant Coach

Crosby Threadwell
1st Season

**SUPPORT
LEDO PIZZA
On Georgia
Ave, NW**

*They provided
pizza for our
"Back to Pool"
Night*

ALL STARS SPLASH

OUR FEATURED HIGH SCHOOL GRAD

Bianca Thompson
Parent—Sharon Hamilton, Team Treasurer

"This is not the end.
It is not even the beginning of the end.
But it is perhaps the end of the beginning"
Winston Churchill

My, my how quickly does time fly! It seems like it was only yesterday, but eight years ago Bianca joined the TPDC swim family. This season, she is in the final preparation stage to move onto the University of Maryland campus in College Park. There she will focus on earning a Bachelors degree in Animal Science and later moving on to veterinary school, possibly at Virginia Tech. From there she plans to become a Veterinary Doctor, specializing in large animal medicine. Over the years, Bianca and her family have readily supported the team's efforts and we are grateful to them for all that they continue to do. We hope to see you again next season! Good Luck Bianca!



"Our greatest problems in life come not so much from the situations we confront as from our doubts about our ability to handle them."
Susan Taylor

2008 Graduates

- **Liana Castro**
- **Ruby Blackstone**
- **Brandon Jackson**
- **Bianca Thompson**
- **Dalia Varela**
- **Kemi Watson**



Have you joined the TPDC Group?

© Visit the group page at:
<http://sports.groups.yahoo.com/group/TakomaParkDC/>

STAY INFORMED!

JOIN TODAY!

TEAM GEAR

The team swim suits (with TPDC logo) are available directly from **Swim Pro** located at:
10831 Lanham Severn Road
Glenn Dale, MD 20769
301-464-6923
For **TPDC caps and tee-shirts** please see our treasurer, Ms. Sharon Hamilton.



Home Meets Concessions

Linda Adams, mother of Liza Greenblatt, (one of our new families) has volunteered to coordinate our concessions this season.

More information will be forthcoming on ways parents can get involved.

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TPDC Swim Team

Takoma Aquatic Center
Third & Van Buren Streets NW
Washington, D.C.

Write to us at: takomaparkdc@yahoo.com

Join the Group! Visit -
<http://sports.groups.yahoo.com/group/TakomaParkDC/>

TPDC—Takoma Park DC Swim Team is one of the founding members of the Prince Mont Swim League. The team's home pool is located in Takoma Park, DC. The team is coached by Rob Green who has been the coach for the last 7 seasons.

Many swimmers on the swim team begun from as young as 5 years old and continue thru until they turn 18 years old.

Summer swimming is The BOMB!

Come out and get in the Swim of Things with TPDC!

GO TPDC ALL STARS!

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9 Practice 5-7 PM	10 Practice 5-7 PM Happy Birthday Stephen!!! 	11 Practice 5-7 PM Parents Meeting @ 6:00 pm	12 Practice 5-7 PM	13 Practice 5-7 PM Happy Birthday Joell! 	14 Happy Birthday Me Yun!!! 
15	16 Practice 5-7 PM	17 Practice 5-7 PM	18 MANDATORY Practice 5-7 PM Parents Meeting @ 6:00 pm Availability Deadline for next meet.	19 Practice 5-7 PM Happy Birthday OLIVIA!! 	20 Practice 5-7 PM	21 TPDC @ TB 7 AM-11 AM Historic Meet
22	23 Practice 5-7 PM	24 Practice 5-7 PM	25 MANDATORY Practice 5-7 PM Parents Meeting @ 6:00 pm Availability Deadline for next meet.	26 Practice 5-7 PM	27 Practice 5-7 PM	28 TPDC @ SBP 7:AM-11 AM