



ALL STARS SPLASH

TPDC Swim Team

All-Stars on a Roll..

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If you haven't already realized it, we are a very resilient team and this weekend, despite all odd, our swimmers showed that they were extremely competitive. Athletes should never take their competition lightly and we showed some of that in many tight races. The BBT dolphins, left us on the blocks at the start of the meet. By the end of the butterfly events, they were ahead by almost 20 points. But as we have seen all season long, a lead at any point during a meet is never safe until it's the end of the meet. So, it was no surprise when the All-Stars went on a roll, and event after event, the momentum was switching towards us. Our swimmers were picking up the pace! When we got a lead after the 15-18 girls freestyle event, the dolphins were not able to keep up with us on the breaststroke and backstroke events. They did make a little comeback after the IM events, but by then it was a little too late because after that is was a "T.K.O" for the dolphins with a sweep of all three relay events. Our 9-18 boys needed to break the pool record to prevent the dolphins from taking 1st place! They did it! Winning the race by 11 hundredths of a second! Way to go swimmers, you have all truly being awesome to watch. The season also seem to ends just when we are on a roll. Hope to see you all again next season! Best of Luck to all our divisional swimmers and alternates!

GO TPDC All-Stars!!!

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Meet Preview—Divisionals @ BBT

With our dual meets now behind us, we enter a new level of swimming where the intensity goes up a few notches. This Saturday, all the teams within Prince Mont Swim league will take part in their division's championship meet. For us, we will be visiting the home of the BBT Dolphins in Bowie to face-off against our competitors from BBT, MVP, WLS, SBP and TB. A finish in the top six will not come easily for our swimmers. No position on the psych sheet will be a given. TPDC swimmers will have to be prepared to push themselves to the limit. Like they have been doing for the last few weeks, they will have to aim for some of their best times yet. The other swimmers will be trying to get their best times too. Swimmers, be ready to bring your "A Game"! Give it all you got this weekend. No holding back. Its time to kick some bubbles! Go TPDC All-Stars!!

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2008 TEAM SPONSORS

SUPPORT
RITA'S ICE
On 14th St. NW

They provided free Italian ice for our swimmers at the "Pizza Party"

SUPPORT
DOMINOS PIZZA
Silver Spring MD

They provided pizza for our "PIZZA PARTY"

SUPPORT
LEDO PIZZA
On Georgia Ave, NW

They provided pizza for our "Back to Pool" Night

Upcoming Social Event

Team Awards & Banquet

August 3 @ 3:00 pm at Takoma

Parents & Swimmers, our annual end-of season, team Awards and Banquet, is scheduled to take place at Takoma Recreation Center on Sunday August 3. This is a change in venue from the last few years. Please be prepared to sign up to bring food as this event is a potluck. The team will provide the meat, parents will bring the other dishes.

Thanks to all the families that participated in the "Sponsor Me" Fundraiser!

Winners will be announced at the banquet!

When you support our sponsors be sure to tell them "thank you" for their donations to the team!

Swimmer's Achievements

Week #5—Belair Bath & Tennis @ Takoma Park

Congratulations to all swimmers who gave everything they had last Saturday to try to put the team in a position to win. The following swimmers made improvements over their seeded times:

8 & Unders Boys & Girls:

Jon Bendana, Natalie Beckford, Brittney Ross

9-10 Boys & Girls

Theo Bates, David Caruth, Christopher Gooden, Christian Hudson, Samuel Moore III, Miki Rae, Julian Rigsby, Delon Smith, Iyosias Wondwossen, Devi Ylli, Imani Campbell, Nathalie Dary, Sophia Higgins, Kennedie Lightfoot, Nnenna Nwaezeapu, Kennedy Redmond, Antoine Ross

11-12 Boys & Girls

Kahlil Epps, Dae Juan Funderburk, David Gutierrez, Wesley Harris, Kyle Hudson, Landon Keys, Jared Miller, Ephrem Rae, Marques Ross, Gwynne Arias, Liza Greenblatt, Lhani Jamison, Maddison Lightfoot, Gabriela Segovia, Gabrielle Smith, Aliyah Sola, Erin Strong-Williams

13-14 Boys & Girls

Suliman Abdullah, Malachi Bostic-Wattley, Bradford Ellison, Ryan Howard, Joseph Singleton, Ian White, Katherine Bendana, Courtney Bolden, Ngozi Burrell, Chantice Caruth, Shadé Chism, Brandi Miller, Paulina Lopez-Santos



15-18 Boys & Girls

Brandon Jackson, Anthony Ross, Andres Santizo, Keven Smith, Kemi Watson

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

ALL STARS SPLASH

OUR HIGH SCHOOL GRADS



CONGRATULATIONS!
&
THANK YOU SWIMMERS!

Coach Green

Kemi Watson Ruby Blackstone Brandon Jackson Bianca Thompson

CHEVERLY RELAYS July 27 @ CSR

The deadline for the team to submit entries for the Cheverly Relays is Tuesday July 22

If you plan on being there but did not tell Coach Green, then you may not be able to swim!

Let him know today!
rob_green@cathedral.org

Or send an email to:
takomaparkdc@yahoo.com

Let's continue this yearly tradition. Only swimmers who plan on attending should sign up.

Thank you!



Have you joined the TPDC Group?

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

STAY INFORMED!

JOIN TODAY!

RECORD BREAKERS

The following individual pool records was set at Takoma Park pool:

John Bendana -8&U boys
25 Breast, 25 Back

Jared Miller -11-12 boys
50 Free, 50 Back

Marissa Gentry -15-18 girls
100 Free

Boys 9-18 (Sidney, Jared, Ryan & Brandon)
200 Free Relay



DIVISION "A" STANDING

TP— (2-3)

BBT—(2-3)

MVP—(4-1)

WLS—(0-5)

SBP—(4-1)

TB—(3-2)

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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!

July-August 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
20 Swimmers Availability Deadline for Divisional Meet	21 Practice 5-7 PM	22 Practice 5-7 PM	23 Practice 5-7 PM Parents Meeting @ 6:00 pm	24 Practice 5-7 PM	26 Practice 5-6 PM Popsicles Party & Pep Rally	26 DIVISIONAL-MEET @ BBT 7:00 AM to 12 Noon
27 CHEVERLEY RELAYS Swimmers Availability Deadline for All-Stars Meet	28 Practice 5-7 PM	29 Practice 5-7 PM	30 Practice 5-7 PM Parents Meeting @ 6:00 pm	31 Practice 5-7 PM	1 Practice 5-6 PM Last Practice	2 ALL-STARS MEET @ BSR 7:00 AM to 12 Noon
3 Team Awards & Banquet At Takoma Recreation Center from 3:00 pm	4	5	6	7	8	9