



June 25, 2010  
 Issue 1  
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# Waters Landing Thunderbolt

Webpage: <http://waterslandingthunder.org>

"By the time you hear the Thunder, it's already too late!"

## Welcome to the 2010 Thunder Season

### Must Reads:

Meet the Coaches & First B Meet- page 1

Division K & First Meet page 1

Thunder Reps - page 2

Pre-team & lessons – page 2

Coaches Corner: SSL Volunteer Op – page 2

Swimmer's Behavior – page 2

Upcoming Forecast for the Thunder:

Pep Breakfast June 25 (11-12's host)

"A" Away Meet: Whetstone  
 "B" Home Meet: Woodcliffe 6/30

Practice Times until July 21

### Morning practice M-Th:

8:30-9:30 am 11 & up

9:30-10:30 am 10 & under

9:45-10:30 am Pre-team

### Morning Practice Friday:

June 18 & 25/ July 2, 9, 16, 23

Morning practice: 8:30-9:15am Saturday (A meet) swimmers

9:15-9:45 am PEP BREAKFAST

9:45-10:15 am GAME DAY!

10:15-10:45 am Pre-team

### Evening Practice

Mon., Tues., Thurs.

5-6pm: 11-12,13-14,15-18

6-6:45pm: 9-10, 8 & U

6-6:45pm: Pre-Team

### New This Year!

### The THUNDER GOAL BOARD

Each age group has goal times in every stroke to strive for. Once they have reached one of the times they will receive a lightning bolt on their new

## Thunder In Division K for 2010 & Adopts New Team Mascot

Waters Landing Thunder is in Division K! WLT is joined by MCSL teams: Whetstone, Cloppers Mill, Quail Valley, Manor Woods, and Kenmont. We will swim in B league from last season with MCSL teams: Lakelands, Clopper's Mill, Woodcliffe, & Kentlands.

Thor, the god of THUNDER, is our new team mascot! On Fridays at Pep Breakfast, Thor will be awarded to one swimmer who has worked hard, cheered hard and shown over-all THUNDER spirit. That swimmer will get to keep Thor for the week- making sure to bring him to ALL practices AND meets!

## Thunder Wins Season Opener vs. Kenmont

The Thunder won their season opener — 403-388 over Kenmont — for the first time since 2006. The team was led by all-star swimmers from Kate VonHeeringen, Birgitt O'Connor, Kai Vilbig, Matthew Petraitis and Austin VonHeeringen. Matthew Petraitis set a team record in the 13-14 100IM, going 1:08.08 and besting a 13-year old team record.

In addition to these record swims, we had a number of new team members make their first ever Saturday meet. Congratulations to all Thunder swimmers and let's get used to winning meets!

## Thunder Coaches

This Year, **Kenny Shelhorse** returns for his third year as one of our Thunder Head Coaches! Kenny swam with MCSL for the Damascus Dolphins and then for the University of Pittsburgh where he made the NCAA's in the 200-yard backstroke.

Joining Kenny this year is second **Thunder Head Coach, Eddie Qian**. He competed for ten seasons as a swimmer for the Thunder! Eddie started club swimming with the UMCY Stingrays for 4 years and is currently a member of the Curl-Burke Swim Club. Eddie is coming back from his second year at U. of Delaware where he is majoring in chemical engineering, and minoring in history. He is an athlete on their Division 1 varsity swim team.

**Patrick Bell** begins his second year as Assistant Coach. He has been on the Thunder swim team for twelve seasons. He holds some Thunder team records and was 3<sup>rd</sup> in individual all stars for the backstroke and 14<sup>th</sup> in breast. He is currently a student at Montgomery College with plans to transfer to U. of Tennessee majoring in European and African history.

Junior Coaches this year are: **Erica Weiner, Michael Ridenour, Jose Martinez, and Esther Weiner. Marcela Omans is the Pre-Team coach.**

## First B Meet Against Kentlands Kingfish

Our first Wednesday night meet was away at Kentlands and the evening saw great times and great fun for all Thunder swimmers and families. From kickboarders to first-time swimmers, many Thunder team members made their first-ever swims on Wednesday and we're looking forward to our first home B meet next Wednesday night.

Among the first time swimmers were Isabel Clarke, David Coleman, Ben and Maddie Rikhoff, Hamza Ewing, and Grace and Jessica Llewellyn.



Thank you, Waters Landing Homeowners Association, for supporting our team!



## Your "Thunder" 2-Week Forecast Refrigerator Page!

Friday June 25	Saturday June 26	Sunday June 27	Monday June 28	Tuesday June 29	Wednesday June 30	Thursday July 1
8:30-9:15am Saturday (A meet) swimmers  9:15-9:45 am PEP BREAKFAST  9:45-10:15 am GAME DAY!  10:15-10:45Pre-team	Away A Meet Vs. Whetstone	A Relay Carnival @ Quail Valley	AM Practice Pool B PM Practice Pool A Last chance to sign up for Wed.'s meet	AM Practice Pool B PM Practice Pool B  PICTURE DAY!	AM Practice Pool B Home B Meet Vs. Woodcliffe 6pm	AM Practice Pool B PM Practice Pool B
Friday July 2 Special 4th of July Pep Breakfast and Game Day! Stay tuned for details...	Saturday July 3 Home A Meet Vs. Quail Valley	Sunday July 4 Happy 4 <sup>th</sup> !	Monday July 5 AM Practice Pool B PM Practice Pool A Last chance to sign up for Wed.'s meet	Tuesday July 6 AM Practice Pool B PM Practice Pool B	Wednesday July 7 AM Practice Pool B Home B Meet Vs. Stonebridge 6pm	Thursday July 8 AM Practice Pool B PM Practice Pool B

## Get Your Thunder Wear!

This year's Thunder Wear volunteer is

Terri Frassetto

[tfrassetto@aol.com](mailto:tfrassetto@aol.com)

Accessories & gear will be on display at the pool.

### Coaches:

Kenny

301-943-0222

[kennyshelhorse@gmail.com](mailto:kennyshelhorse@gmail.com)

Eddie

301-219-2350

[swimminaznstyl@gmail.com](mailto:swimminaznstyl@gmail.com)

Patrick

[pbell24@montgomerycollege.edu](mailto:pbell24@montgomerycollege.edu)

### A Reps:

Scott Bogren

202-247-1921

[scottbogren@gmail.com](mailto:scottbogren@gmail.com)

Kathy Socha

301-428-1427

[kmasocha@aol.com](mailto:kmasocha@aol.com)

### B Reps:

Pam Wilson

[dogsalmosthome@yahoo.com](mailto:dogsalmosthome@yahoo.com)

Beth Bogren

[elizabeth.bogren@verizon.net](mailto:elizabeth.bogren@verizon.net)

## Pre-Team and Swim Lessons

Our Pre-Team and lesson programs began on **June 21**. Pre-Team practice will again take place on Monday through Thursday mornings at 9:45 am and on Friday mornings at 10:15. We will also have Pre-team practices on Monday, Tuesday, and Thursday evenings at 6:00-6:45 pm. Those children who attend practice in the morning can come to evening practices only as a make-up. A lesson program for those swimmers not ready for Pre-Team is also being offered. Please see the coaches for more details.

### A Note About Swimmer Behavior

We are disappointed to report that during the first B meet at Kentlands on Wednesday, a chair in our team area was broken beyond repair. Unfortunately, we may have to use team funds to replace the chair. When we swim in away meets, we are guests of the host pool. We must be good guests. When we swim in home meets, we must be good hosts. When we participate in any team activity, we must still be responsible for our actions. We can do this by getting good examples for your teammates and fellow competitors, Always being respectful of the property and the surroundings. No disrespectful language or actions. When the team receives complaints, the team as a whole and the activities we plan and participate in are in jeopardy. Let's not ruin a good thing. Waters Landing Thunder swimmers Are a Good Thing and let's not ever forget that!

### Waters Landing Thunder E-RedBook Now Available!!

The 2010 Waters Landing Thunder RedBook (the team handbook) is now available for download on the Waters Landing Thunder website in the documents section. Special thanks to **Jennifer Schrock** for compiling all of this useful information in a single document. We decided to pass on the printing of the book and to go with an e-RedBook. You can print any page of the document you need.

## Our Mighty Thunder Reps

Our A Reps this year are returning, Scott Bogren and Kathy Socha. This is Scott's 3rd year as A Rep and 7th<sup>th</sup> year with WLT. He and his wife Beth have two children who swim on the team. Kathy and her husband, Ed, have been involved with the swim team for about 7 years. They have 2 daughters, Carly and Sammy who also swim on the team. Kathy is a nurse at Shady Grove Adventist. We welcome back returning B Reps, Pam Wilson and Beth Bogren!! Pam Wilson has two children on swim team. This is her third year with the team. Beth Bogren returns for her 7th year with WLT, previously volunteering for Thunderwear Committee and ThunderBolt editor. She and her husband Scott have two children on the team. See side bar for Rep emails.

### Important Information:

Please use the website to sign your swimmers out of a meet if they will be absent!

<http://waterslandingthunder.org>

*It's easy!*

Click on the meet date that the swimmer is not able to participate in and sign the swimmer out. If you have questions about the website, please contact any of the Reps.

## Coaches' Corner

### SSL Volunteer Opportunities Available for 2010 WLT Swim Season!!!!

Sno Cone Sales (4 hrs. per home meet: 1 opening)  
 Runner (3 ½ hrs. per home meet: 1 opening)  
 Meet Set-Up (1 ½ hrs. per home meet: 10 openings)  
 Meet Clean-Up (1/2 hr. per home meet: 5 openings)  
 Swim Lesson Assistants (1/2 hr. per session)

**MEETS:** This is on a first come basis. All volunteers MUST sign up BEFORE the event with B Rep, **Beth Bogren**. Anyone who just "shows up" will not be eligible for SSL hours. The volunteer must check with Beth first. SSL hour forms will be signed at the end of the season for the total hours volunteered.

**SWIM LESSONS:** All volunteers MUST sign up BEFORE the session. SSL hour forms will be signed at the end of the season for the total hours volunteered. Note: While we assume that we will all have fun during these activities, we expect our SSL volunteers to perform the task they have signed up for with pride and responsibility. If a Coach or Rep has to speak to a volunteer for any inappropriate behavior, they will **not** be eligible to sign up for the SSL hours at the next meet.

### Thunder E-Update:

A Relay Carnival is Sunday, June 27 at QUAIL VALLEY

K Divisional Meet is Saturday, July 24 at KENMONT

### VOLUNTEER REMINDER:

• If you are a meet volunteer for a Meet, please arrive by 8:00am. All timers MUST be present at 8:30 for the timer's meeting. All meet officials MUST be present at 8:30 for our official's meeting.



Newsletter Deadline:  
 Wednesday, June 30, 11pm  
[cmkbliss@gmail.com](mailto:cmkbliss@gmail.com)