



June 12, 2009  
Issue 1  
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# Waters Landing **Thunderbolt**

Hotline: 1-800-871-9002 access code 89695    Webpage: <http://waterslandingthunder.org>

Welcome to the 2008  
Thunder Season

**Must Reads:**

Meet the Coaches- page 1

New "J" Division – page 1

New Thunder Reps-page 2

Pre-team – page 2

Coaches Corner – page 2

**Upcoming Forecast for  
the Thunder:**

**Pep Breakfast June 19  
(13-14's host)**

**First "A" Home Meet:  
Plantations  
First "B" Away Meet:  
Woodcliffe**

**Practice Times beginning  
June 17**

**Morning Practice  
Mon.-Thurs**

- 8-8:30: 8 & Thunders
  - 8:30-9:15: 9-10,11-12
  - 9:15-9:30: Team
  - Announcements
  - 9:30-10:30:13-14,15-18
  - 10-10:30: Pre-Team
- Morning Practice Friday**
- 8-8:45: Saturday Swimmers
  - 8:45-9:15: Announcements and  
Pep Breakfast
  - 9:20-10:15: All other swimmers
  - 10:15-10:45: Pre-Team

**Evening Practice  
Mon., Tues., Thurs.**

- 5-6: 11-12,13-14,15-18
- 6-6:45: 9-10, 8 & U
- 6-6:30: Pre-Team

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

## Waters Landing Thunder Division J for 2009

Waters Landing Thunder will be in Division J for the 2009 Season!

We will also swim in our new B league from last season with Lakelands, Clopper's Mill, Woodcliffe, & Kentlands.

Waters Landing is joined in Division J with teams we may remember from past seasons including Plantations, Ashton, North Chevy Chase, Manor Woods and Carderock Springs.

The complete meet schedule is listed under our calendar section at <http://waterslandingthunder.org>.

## Meet the Thunder Coaches!

This Year, **Kenny Shelhorse** returns for his second year as our Thunder Head Coach! 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. **Jen D'Alessio** returns for her second year as the Assistant Head Coach position. Jen swam for the Thunder for thirteen years! Jen has finished her sophomore year at American University where she majors in economics and justice. **Joining Kenny and Jen is our assistant coach, Eddie Qian**. He competed for ten seasons as a swimmer for the Thunder! Eddie started club swimming with the UMCY Stingrays for 3 years and is currently a

member of the Curl-Burke Swim Club. Eddie is coming back from his first year at U. of Delaware where he is majoring in chemical engineering, minoring in history. He is an athlete on their Division 1 varsity swim team. **Patrick Bell** begins his first 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: Emily Weiner, Erica Weiner, Michael Ridenour, Hannah Hafey, Heather Pesce, and Marcela Omans.**



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



### Your "Thunder" 2-Week Forecast:

Sunday <u>June 14</u> No practice.	Monday <u>June 15</u> A Pool 5-6: 13-14/15-16  6-6:45: 8 & Under, & 9-10  6:45-7:30: 11-12	Tuesday <u>June 16</u> B Pool 5-6: 13-14/15-16  6-6:45: 8 & Under, & 9-10  6:45-7:30: 11-12	Wednesday <u>June 17</u> AM Practice Pool B	Thursday <u>June 18</u> AM Practice Pool B  PM Practice Pool B	Friday <u>June 19</u> AM Practice Pool B  Pep Breakfast 13-14's	Saturday <u>June 20</u>     <b>Home Meet 9 am vs. Plantations</b>
Sunday <u>June 21</u> No practice.	Monday <u>June 22</u> AM Practice Pool B Last chance to sign up for Wed.'s meet PM Practice Pool A	Tuesday <u>June 23</u> AM Practice Pool B  PM Practice Pool B	Wednesday <u>June 24</u> AM Practice Pool B <b>Away Meet Vs. Woodcliffe 6pm</b>	Thursday <u>June 25</u> AM Practice Pool B  PM Practice Pool B	Friday <u>June 26</u> AM Practice Pool B  Pep Breakfast 11-12's	Saturday <u>June 27</u>     <b>Away Meet @ Ashton 9am</b>

Get Your Thunder Wear!

This year's Thunder Wear volunteer is

Terry Fresetto.

Accessories & gear will be on display at the pool.

**Coaches:**

Kenny

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Patrick

**A Reps:**

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**B Reps:**

Denise Ackerman

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Pam Wilson

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Beth Bogren

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**Pre-Team and Swim Lessons**

Our Pre-Team and lesson programs will begin on **June 22**. Pre-Team practice will again take place on Monday through Thursday mornings from 10 – 10:30 am and on Friday mornings from 10:15 – 10:45 am. We will also have Pre-team practices on Monday, Tuesday, and Thursday evenings at 6:00-6:30 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 coach Jen for details.

**A Note About Swimmer Behavior**

A week ago Thunder Team Reps were notified by the HOA that after a swim team practice, off limit areas of the pool had been gotten into and property was taken and damaged. We have assured the HOA that this won't happen again. Please remind your swimmer(s) that they are at the pool for practice and the storage room, lifeguard rooms, baby pool, and climbing fences are off limits. We also ask all parents to help our coaches and reps by watching over your children while at the pool. Thanks for your help. – The Coaches

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

The 2009 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 this year and to go with an e-RedBook to not only save on printing, but also to be a bit kinder to the environment. You can print any page of the document you need.

**Coaches' Corner**

The **Coach's Binder** is used to communicate with the coaches and will be kept in the front of the family folders' box. If a swimmer is not available to swim they MUST put their name on each page of the corresponding meet for which they will not be available. The coaches want this information even if the swimmer thinks he/she would "not swim in the meet". Kenny and the coaching staff will use this information for constructing line-ups for all of the meets, including B meets and Relay Carnivals. The B League is fun and enjoyable, and **everyone** is encouraged to participate in all meets and events for which they are eligible. The deadline for signing up for B meets is the Monday evening before the Wednesday meet. **Reminder: coaches MUST be informed in writing** by 10 PM of the Wednesday prior to the Saturday meet if a swimmer is not available. If the coaches are not informed and the swimmer is put in the Saturday line-up, the swimmer is ineligible to swim the scheduled strokes in the following B meet.

**New Thunder Reps**

**Our A Reps this year are returning, Scott Bogren and Kathy Socha.** This is Scott's 2<sup>nd</sup> year as A Rep and 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 6 years and have 2 daughters, Carly and Sammy who also swim on the team. Kathy is a nurse at Shady Grove Adventist. **We welcome first time B Reps, Denise Ackerman, Pam Wilson and Beth Bogren!!** Denise is new to WLT this year, and has one child on swim team. Pam Wilson has two children (one on team and one in pre-team). This is her second year with the team. Finally, Beth Bogren returns for her third year with WLT, previously volunteering for Thunderwear Committee and ThunderBolt editor. She and her husband Scott have two children on the team.

**Thunder Stroke Clinics**

**Week 1 (June16-19) Breaststroke**

**Week 2 (June23-26) Butterfly**

**Week 3 (June30-July3) Backstroke**

**Week 4 (July7-10) Freestyle**

**Clinic Times:**

**Mon.: 4-5pm @ A Pool**

**Tues.: 4-5pm @ B Pool**

**Wed.: 2-3 @ B Pool**

**Thur.: 4-5 @ B Pool**

**See Coach Eddie for more details.**

**FYI...**

North Chevy Chase has agreed to move our home meet scheduled for Saturday, July 4 to **Friday, July 3** -- which is a federal holiday -- in order to maximize the number of swimmers/families that can participate.

**Here is the last Clinic date for Starters, Referees and Stroke and Turn Judges!! Sunday, June 14 at 8:00-11:00am (Ref. S&T, Starter) @ Olney S swim Center**



Newsletter Deadline:  
Wednesday, June 17, 12 Noon  
[cmkbliss@gmail.com](mailto:cmkbliss@gmail.com)