

TEAM RIDGLEA/MANSFIELD MASTERS Swim Program (USMS certified & registered)

February 2010 Newsletter

www.teamridglea.com

www.triswimmingcoach.com

www.waterworks2.com

www.chuckburrowswimcamp.com

Upcoming TEAM RIDGLEA/MANSFIELD MASTERS events:

February 26-28, 2010: Republic of Texas Short Course Championship Meet – SMU - Dallas

March 26-28, 2010: Texas Tri Camp at Mansfield ISD Natatorium – www.texastricamp.com

April 9-11, 2010: South Central Zone Swimming Championships – Conroe

May 8, 2010: Open Water Swim Clinic; Benbrook Lake; 9:00 A.M.

May 15, 2010: Inaugural Team Ridglea 2.4 mile/1 Mile Open Water Swim – Benbrook Lake

May 20-23, 2010: United States Masters National Swimming Championships -

@ Atlanta, Georgia – Georgia Tech University (yards)

July, 2010: South Central Zone Swimming Championships – Southlake

July 30 – August 7, 2010: FINA World Swimming Championships - Sweden

August 2010: Swim the Strait of Gibraltar 12.5 miles; ***Good luck, Dan Benintendi!***

August 9-12, 2010: United States Masters National Swimming Championships –

@ San Juan, Puerto Rico (meters)

January 1, 2011: Team Ridglea Polar Bear Challenge

Spring 2011: United States Masters Spring National Swimming Championships – Mesa, Arizona

Summer 2011: United States Masters Summer Swimming Championships – Auburn, Alabama

Go on-line to www.damswim.com for our next swimming competition; February 26-28 in Dallas at SMU. I encourage you to participate in this meet. This new event will certainly be exciting. Register on-line. I will see you there.

Congratulations to **Linda Jacobs, Katie Farina, Rob Mulqueen, Emilia Zeller, Brian Miller, Brent Poulsen, Jason Ramos, Paula Willoughby, Art Torpy, Tori Adams, Aly Peters, Diana Guess, Julie Jackson, Pam Cannell, Mike Wright, Bo Trainor, Susan Torpy, Mike Yates, and Chuck Burr**. These are our members that participated and completed the One-Hour Swim Event on Saturday, January 31. Results of each individual will be sent into the national USMS office and each swimmer will be ranked nationally among all other participants throughout the United States. Final placings will be listed in our March newsletter.

***** THE DATE IS SET *****

We will host two Open Water swim races on Saturday May 15, 2010:

8:00 A.M. The Fort Worth Mile Swim(1.0 mile)

9:00 A.M. The Fort Worth Iron-Distance Swim (2.4 mile)

We have correctly adjusted the name of the event: it's the Fort Worth Mile Swim and Fort Worth Iron-Distance Swim. This reflects the proper location. Did you know the area directly around Benbrook Lake is in Benbrook, but the water is in Fort Worth? Go figure.

We have a permit from the United States Corps of Engineers (who own Benbrook Lake). We have a sanction from United States Triathlon Association. Even though each competitor will enjoy and experience the challenge of this event, our ultimate goal is participant safety. We will have numerous lifeguards patrolling the course in boats and kayaks. Our own **Brent Bunnell, M.D.** will be on hand in a supervisory capacity.

The course design will be a half/mile cable swim; The Fort Worth Mile Swim will simply be an out and back course (0.5 miles of cable). Before the Fort Worth Iron-Distance Swim begins, an additional 0.1 mile of cable will be added to make for a 0.6 mile out-and-back X 2 course = 2.4 miles. Both events will start from in the water with a gun start for everyone – thus, everyone starts at the same time. Custom event t-shirts will be given to every participant. Awards will be presented to age group winners

***You can **NOW** register on-line for this event: www.triswimmingcoach.com. Click 'Event'.

Look for this event to be advertised in Runner/Triathlete News. The event is already posted on the USA Triathlon website. Tell all your friends about this event. It is open to EVERYONE. The event will be marketed all over Texas, Oklahoma, Arkansas and Louisiana.

If you would like to learn a little more about Open Water Swimming, I will be conducting a one-hour Open Water Clinic the Saturday before (May 8) our Open Water races. Go to www.triswimmingcoach.com for registration information.

To all triathletes; Mark it - Friday thru Sunday, March 26-28,2010 – Texas Tri Camp at Mansfield ISD Natatorium (www.texastricamp.com). The focus will be on in depth, detailed, active triathlon instruction for triathletes of all ability and experience levels. **Brain Miller and I** will see you there on Saturday – we are responsible for hosting and conducting the swimming portion of this triathlon camp.

A continued huge 'THANK YOU' to **Gideon Davis and Steve Wood** for keeping our www.teamridglea.com website up and running, and up-to-date. Your help is certainly appreciated:

* 100 Mile Club: You receive a ... 100 Mile Club Team Ridglea t-shirt

* 200 Mile Club: You receive a ... 200 Mile Club

* 300 Mile Club: You receive a ... 300 Mile Club

* 400+ Mile Club: You will be treated to a dinner for 2 at ...

100 Mile Club for 2010:

*** To find the chart, to easily record your daily mileage, **Tad Chichester** created a very easy and useful yardage log. To download this chart, begin by going to our team website: www.teamridglea.com. Click 'Team Records'. Then scroll down and click 'TCYL' (which stands for 'Tad Chichester's Yardage Log'). Begin recording your daily yards/meters. It will automatically add your distance every day.

Happy Birthday's in February: **Melissa Lind February 2**

**Diana Guess
February 3**

Harry Freeman February 4

Sharyl Griffith February 7

Steve Fegley February 10

Debbie Halpenny February 16

Kurt Laughbaum February 16

(*If I ever miss someone's birthday, it's most likely because I don't have your birthday recorded. If you have never given it to me, please let me add it to the team roster).

Please remember, **EVERY TEAM RIDGLEA MEMBER MUST REGISTER for USMS!!!** The annual fee of \$42 includes insurance for you while you are participating in all team practices, meets, etc. This registration is a national requirement. **IT MUST BE DONE!!!** Get a registration form from Chuck at practice, or download a form yourself at www.ntmasters.org – 'on-line registration.

***** CURRENT SWIM PRACTICE SCHEDULE *****

60 organized and structured professional swim practices to choose from each month

Monday thru Friday 5:30 – 6:45 A.M. at Texas Wesleyan University

Monday thru Friday 5:30 – 6:30 A.M. at Mansfield ISD Natatorium

Tuesday 6:45 – 7:45 P.M. at Mansfield ISD Natatorium

Tuesday and Thursday 10:00 – 11:00 A.M. at Benbrook YMCA

*you need to be a member of the Benbrook YMCA for these 2 practices

Saturday 7:00 – 8:00 A.M. at Benbrook Community Center/YMCA

Sunday Noon – 1:00 P.M. at Texas Wesleyan University

Our primary practice facilities:

Texas Wesleyan University 1201 Wesleyan, 76105 (pool located on South Collard Street)

Mansfield ISD Natatorium 1001 North Holland Road Mansfield 76063 (corner of Hwy. 360 & Broad St.)

Lockheed Martin Recreation Area 3400 Bryant Irvin Road, 76109

Benbrook Community Center/YMCA 1899 Winscott Road, 76126

Tarrant County College – Northwest Campus 4801 Marine Creek Parkway, 76179 (October thru January)

Thank you to our swim coaching staff at the Mansfield ISD Natatorium and the Texas Wesleyan pool:

Monday's at Mansfield – ***Dennis Light***

Tuesday's & Thursday's at Mansfield – ***Gary Milam***

Wednesday's at Mansfield – ***Shannon Davenport***

Friday's at Texas Wesleyan University – ***Steve Wood***

***I coach at Mansfield every Friday morning

Feel free to contact me at any time: 817-560-POOL (office), 817-560-7666 (fax), 817-903-1978 (cell) or chuckburr@sbcglobal.net.

Chuck