

NADS-BOARD

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Swim Schedule @ HADLEY POOL

- Monday—7-8:30pm
Fitness swim for those just beginning and those wishing to get back in shape.
- Tuesday—7-8:30
- Thursday—7-8:30
- Saturday—10-12
- Sunday—3:00
Ocean swim-meet at 12th Street lifeguard stand on South Beach.

December 19 is the last day of practice for 2009.

Practice will resume on January 4, 2010.

Nads! News

MONTHLY NEWSLETTER

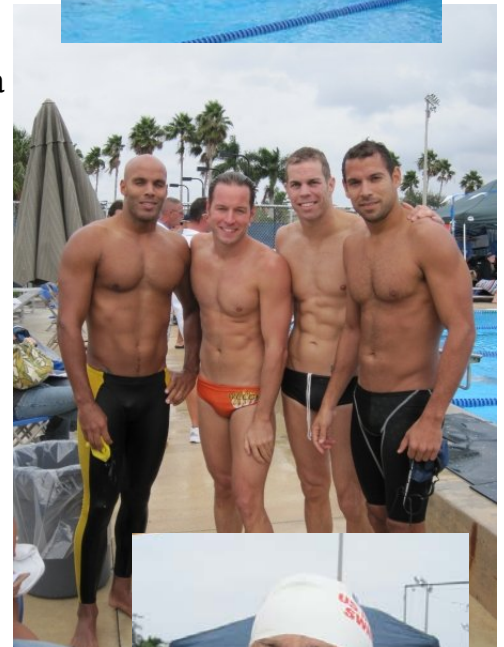
DECEMBER 2009

Coral Springs Holiday Classic Review

The meet in Coral Springs was a big success for the Nadadores and their compadres on Team GOLD. Those not in attendance on December 5 and 6 missed several world records by Team Old Guys, sightings of Ms. Dara Torres herself, and the ever-changing moods of Thong-Man.

Swim of the meet goes to Kirk Arthur, who completed the 100 fly for the first time and placed 1st! Other newcomers Albert Litter and Chris Gates also performed well. The fantastic four of Luis, Drew, Rob and Corey swept the relays, and Corey broke some of his own FL Gold Coast Masters records. Congrats to all swimmers for stepping up and giving their all.

A new local meet in Plantation has just been scheduled for MLK Day weekend: January 16



Meet Your New Board Members



Jim Harper • Team Captain

Jim W. Harper was born at Doctor's Hospital in Coral Gables. Today he is a freelance writer and English teacher in Miami with 20 years of experience. He holds a masters degree in communications from the University of Florida and a literature degree from Columbia University. See details at HarperFish.com. He is also an ignorant slut. Jim writes regularly for USMS Swimmer magazine. His first swim team experience at age eight was as a mudskipper with Ft. Lauderdale Swim Team.

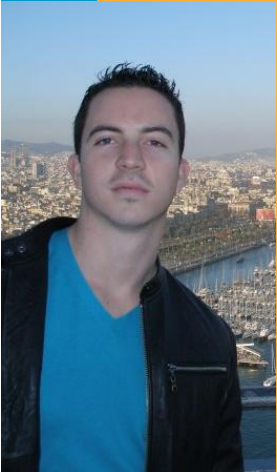
Corey Welch • Co-Captain

Born and raised in Northeastern Pennsylvania, Corey began swimming competitively at the age of 5. At the age of 10 he won his first state title and at 12 set a YMCA national record in the 50 back. In high school Cory began to specialize in the breaststroke and was a dual All-American in water polo and swimming. At the University of Florida he continued swimming as a Gator where he earned All-American status, won the 2004 US Open as part of the 400MR, tried out for the 2004 Olympic Team, 2005 World Championships, and qualified to try out for the 2008 Olympic Team. After graduating with a Bachelor of Health Science, Corey continued his education at Drexel University in Philadelphia. While earning a Doctorate in Physical Therapy Corey swam and coached for the Philadelphia Fins. After graduation, he moved to Miami where he has lived for the last year and a half. Since joining Masters swimming in 2006 he's been a part of at least 4 national USMS records and last year was ranked #1 in the world in the 200 breast. Corey has 2 sisters, both whom live up north and were All-American swimmers/water polo players. His younger sister Shana currently lives in Boston, coaches the Harvard water polo teams, and competes for GOLD as well.



Diego Suarez • Treasurer

Diego was born in Quito, Ecuador and moved to Miami, FL when he was six years old. Diego currently resides in downtown Miami and has two younger sisters, which along with his mom and dad also live in Miami. His extended family is spread out all over the world, from Chile, to Brazil to Ecuador and even Mexico. Diego first learned to swim when he was five years old in Ecuador and he did not jump back into the pool until his Junior year of High School, he had a short swimming career and attended the State Championship Meet his Senior year of High School. Diego took an extended break from the pool and attended Florida International University where he graduated with a Bachelors in Accounting and a Masters in Accounting. Diego is currently a Certified Public Accountant and works in the financial services industry. Diego finally got back into the pool in 2006, when he first joined the Nadadores Swim Team. He remembers his first practice as if it was yesterday, he was very shy and intimidated to join a swim team after so many years of not swimming, but now he won't miss a practice and he is very excited to serve as your Treasurer! Diego loves to travel and is looking forward to his first international meet sometime in 2010.



Meet Your New Board Members

Kirk Arthur • Fundraising



Kirk was born in 1967 in Tegucigalpa, Honduras. His father worked for an airline and so the family moved to a new country every three years till he was 15. Kirk has lived in Honduras, Guatemala, Mexico, Trinidad & Tobago, and Brazil. He moved to Florida at 15. Kirk has been with my partner, Alfredo, for 14 years and they have a son that will be 21 years old in February. Nobody believes that Kirk is Latino, yet he was born and raised by a Honduran Mother and Grandmother. His father is from Miami and so are my Grandparents and Great Grandparents. For 12 years Kirk was a sexual health educator and my opening line was "condoms anyone?"

Hugo Villareal • Activities



Huguito was born in Colombia, and has been swimming since he was 12. He used to compete and travel with his swim team and that was what made him decide that he wanted to swim for the rest of his life. Hugo has been living in Miami for 5 years, and swimming with the Nadadores for four. He believes that being a part of Nadadores is one of the best decisions he has made since moving to Miami because he has had the chance to meet great people and improve and learn from the coaches and from other swimmers that patiently have shared their knowledge. Hugo works for an airline and travels all the time, though he isn't a pilot or flight attendant. Besides swimming Hugo is working on a Master's degree and studying languages, which he considers to be key elements of growing professionally in the tourism industry. Hugo is a family oriented person, so considers himself lucky that all his family lives in Miami.

Ricky Giosio • Secretary



Ricky moved to Miami seven years ago and started swimming with the Nads a year later. He swam a little bit as a child, in the swimming pool at the public park in the town where his grandparents lived. Besides that, everything he knows about swimming he learned in Miami with the Nads. After five long years in graduate school, Ricky will soon be finishing his Ph.D. in International Relations at FIU where he has specialized in the field of immigration.

Mance Buttram • Publicity



Mance has been swimming since the age of 10, but because it took him four years to learn how to dive, he chose to become a backstroker in order to avoid diving into the pool at meets. He grew up in Arkansas and has lived in three countries and four states, but after moving to Miami for school Mance decided to make it his home. Professionally he is an anthropologist, but in his free time, Mance enjoys eating, dancing, being tan, and being tipsy. He has made a lot of Nadador friends and hopes to make some more in 2010.

New Board Members Q&A

Q: What gets you excited for a meet?

Jim: "Make It Happen" by Mariah Carey; also during this time of year, I put on MC's Christmas album and lose my mind. Actually, I don't use music for meets; I delve into silence.

Corey: One of my favorite quotes is from my highschool coach who tried to get me to relax before my races-"Kick ass and have fun!"

Q: What is your goal for the team this year?

Jim: All I Want for Christmas Is...peace, love, happiness, and good health. I want the team to feel inspired by each other.

Corey: My personal goal for the team is to become more visible in the Miami community. Hopefully, this will include increased fundraising and volunteering.

Q: What is your favorite practice or swim meet cocktail?

Corey: My favorite cocktail for practice/meets is Gatorade or Vitamin Water with vodka (electrolytes and a buzz!).

Mance: My favorite cocktail for practice is a White Russian, which is vodka, cream, and Kahlua. The cream makes me feel a little bloated and more buoyant in the water.

Q: Who is the most famous person you have ever met?

Kirk: The most famous person I ever met working at PBS was Big Bird.

Hugo: Working for an airline at the airport I have had the chance to meet a lot of famous people. I am definitely not star struck, but I have seen Paris Hilton (begging not to be charged for an excess baggage in a Lufthansa flight) , Collin Pharrel , Dara Torres , Ricky Martin and obviously Colombians Shakira and Juanes, amongst others.

Q: What is one of your first or favorite memories of swimming?

Kirk: My Mother's favorite actress was Esther Williams and I spent many hours in the pool trying to be just like her...but my backstroke sucks.

Diego: My favorite memory of the swim team is watching his flip turns on video.

Q: Who or what inspires you at practice or at meets?

Hugo: Besides Mance, learning new techniques, improving my personal times, releasing all the stress of the day and meeting my pool friends are the main reason for me to go to the practice.

Mance: I get inspired by a really good song, which makes me work harder in practice, which in turn makes me feel better in the water. For a meet, I am inspired to prove it to myself that I can perform really well. Having some spectators helps too. If people come to watch, I want to make sure they get a good show.

The Annual Nadadores Holiday Party is Here



In order to ring in the holiday season we are having a holiday potluck party. Drinks will be provided by the team, but bring a dish to share. This year we will again be doing a White Elephant gift exchange. This is your chance to regift last year's unwanted presents! Please bring a gift to exchange that you received in the past that was perhaps not quite your taste, maybe a little too tight to wear after the holiday binge, or is just plain tacky! Also we will be collecting unwrapped gifts to provide to a local charity to provide to children and teenagers for the holidays. Special thanks to Chris Gates for having the party in his home.

Sunday December 13 • 4:30 to 8:00pm
2001 Meridian Avenue, #319 • Miami Beach, FL 33139
305-527-3588

Parking is available on Meridian or in the parking garages near Lincoln Road and 17th Street.

Upcoming Meets

January 9 - 1 mile open water ocean swim. Delray Beach

January 16-17 - New Year's Invitational (SCY). Plantation

January 23-24 - Daytona Beach Masters Meet (SCY). Daytona Beach

For more information:
<http://swimgold.net/>

Holiday Practice Schedule

December 19 is the last day of practice for 2009.

Practice will resume after the holidays on January 4, 2010.

Payment Changes

Beginning January 4, 2010, Nadadores will offer BIG discounts for paying for practice. As a result of a team vote, we will be instituting a monthly fee as a replacement for paying \$5 per practice. For January 2010 the monthly fee will be only \$35 and \$45 for each month after. If you come to all 16 practices a month, you will save almost 50%! Punch cards will continue to be used.

USMS Registration

USMS registration is due soon. An online registration form is available at www.fgcmasters.org.

New Logo Contest

Entries due by January 15. Details will be forthcoming.