

Hello Sports Fans!

Welcome to the bi-weekly Team DC Sportsgram to keep you informed about current events related to LGBT sports in the Washington metro area. To learn more about Team DC, the Night OUT at the Nationals and other events, links to our 19 member clubs, and other great stuff, go to [www.teamdc.org](http://www.teamdc.org)

### **Next Team DC Beer Bust - Friday, April 18**

Each third Friday of the month at the Green Lantern (L Street between 14th and Vermont, NW) is Team DC Beer Bust night beginning at 8:30 and features a different club. The **CAPS Softball League** will be there in April to pour beer and no doubt offer some interesting raffles. If you are interested in joining a team this season, there is still time and all skill levels are welcome. They will help you find a team that fits your experience. Go to [www.capssoftball.org](http://www.capssoftball.org) to learn more or come to the Green Lantern that night.

### **Runners and Skaters Hook Up!**

The DC Ice Breakers will be skating tomorrow night (**Wednesday, April 16**). All are welcome, but their special guests that night will be the DC Frontrunners. Skating is from 8:00-9:15 at the ice rink at Ballston Common Mall in Arlington. Afterwards they will head to Bailey's Pub in the Mall and have a raffle for \$70 bottle of Lamborghini Wine (car not included). All skill levels welcome. Go to [www.DCIceBreakers.org](http://www.DCIceBreakers.org) to learn more about this great group.

### **SISTERS OF THE AMERICAN EVOLUTION - Saturday, April 26 at Cobalt (17th and R Streets, NW)**

A drag show fundraiser benefiting DC's bid for the 2010 International Gay Bowling Organization Tournament. Doors open at 7:30 and the show starts at 8. Presented by the "Bowled & the Beautiful", voted 2007 Best Drag Show in DC! This is a WILD night and hosted by Barbara Bush!

### **Got a Training or Exercise Question? Ask the Expert!**

You can now submit questions to Steven Reichert, a certified personal trainer, in the "Ask the Expert" section of the Team DC website. Questions about injury rehabilitation, recommendations for exercise regimens, nutritional advice, or "How To Get Started" tips. Questions will be answered and posted on a regular basis. Go to [www.teamdc.org](http://www.teamdc.org) or [www.stevenreichert.com](http://www.stevenreichert.com) to submit your question.

### **IGLA IS COMING JUNE 18-22**

The DC Aquatics Club and the Washington Wetskins Water Polo team are hosting 1,000 swimmers, divers, and water polo players for the International Gay and Lesbian

Aquatics Championships this summer. More can be found at [www.igla2008.org](http://www.igla2008.org). There are several needs, including:

- **Volunteers**...All Weekend Long...even if for only one day! Everything from Timers to T Shirt Sales! Contact Christina West at [cdwesty@gmail.com](mailto:cdwesty@gmail.com) if interested.
- **Hosted Housing**. People will be coming from around the world to compete and some need a place to crash to help make the trip affordable. If you have an extra bed or sofa, contact Kei at [kkoizumi@gmail.com](mailto:kkoizumi@gmail.com) if you have space.
- **Hosted Dinners** on Saturday, June 21. Help make the weekend special by offering some home cooking. Contact Kei at [kkoizumi@gmail.com](mailto:kkoizumi@gmail.com) to learn more.

Team DC will be sponsoring a **Friday night Cookout at the Hotel Helix** on June 20 for all the IGLA participants (and those who love them!) from 6-9 PM. Stay tuned for more info about this fun gathering!

### YOUTH PRIDE - MAY 3

Team DC will have a table set up. If your club would like to distribute information, please contact Brent Minor at [btminor@bellatlantic.net](mailto:btminor@bellatlantic.net). Runs from 11 AM - 5 PM and will be at P Street Beach at 23rd and P Streets, NW. Table Volunteers are welcome!

### Calling all Cyclists!

There is a new NYC-to-DC AIDS Research ride from September 12-15 to raise money for George Mason researcher Dr. Yuntao Wu's breakthrough finding on HIV/AIDS. They already have 25 riders with a minimum goal of 40. Go to [www.nycdc.org](http://www.nycdc.org) to learn more.

### The Night OUT at the Nationals is Back!!

Start your planning for the Night OUT at the Nationals IV set for **Monday, June 23** at the new Nationals Park. More details to follow, but if your club, group, office, or whatever would like to ensure that you get seats together, join our Partners Program. Contact **Greg Diamond** at [nationalsnightout@yahoo.com](mailto:nationalsnightout@yahoo.com) to learn more.

Also, look for how you can nominate someone to throw out the **FIRST PITCH** of the game. Details soon on the Team DC website.

### House Beautiful!

Join the crowd at the upcoming 2008 Children's Hospital Showhouse, located at 3014 P St. NW. ([www.dcdesignhouse.com](http://www.dcdesignhouse.com)) Originally an 1840's Boys' School, this historic home has been completely renovated and will showcase the work of 15 of the area's top designers, including Paul Corrie, one of the great models from the recent Team DC Fashion Show! Please come out and support this wonderful cause. The results are spectacular!

### **TEAM DC COLLEGE SCHOLARSHIP**

Do you know of a graduating LGBT high school senior who plays sports and is headed off to college next year and might need some financial assistance? Team DC has established a \$1,500 annual scholarship program to help deserving students. Details about this program can be found at [www.teamdc.org](http://www.teamdc.org).

If you have an item that you or your team would like included in the Team DC Sportsgram, please send it to [news@teamdc.org](mailto:news@teamdc.org). Next issue will be Wednesday, April 30.

Enjoy Your Week!  
Team DC