

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. More about Team DC, our 19 member clubs, the big Night OUT at the Nationals game, and other event, go to www.teamdc.org.

Night OUT at the Nationals Game - Monday, June 23

Tickets will be available later this week at the Team DC Website (www.teamdc.org) or starting next week at Nellie's Bar and Lambda Rising. We will also sell tickets at the Team DC booths at Black Pride and Capital Pride. There are three price levels: \$10, \$13, and \$28. \$10 tickets are only available at Nellie's, Lambda Rising, and the Pride booths. The \$28 seats get a free commemorative T Shirt....while supplies last. Details about the Night OUT will be available on the Team DC website.

We strongly encourage groups to sign up now so ensure that your folks can sit together at the game. If your group brings 50 people, you can get your group name posted on the scoreboard! Groups should contact Greg Diamond at gregory.diamond@gmail.com to learn more.

In addition to the Gay Men's Chorus singing the National Anthem that night, you can nominate someone to throw out the First Pitch of the Night. Go to www.teamdc.org to learn how.

The Night OUT is sponsored by The Washington Blade, Nellie's Bar, and Bud Lite. Thanks to our great Sponsors!

Next Team DC Beer Bust - Friday, May 16 and a Yard Sale for the FEDS Soccer Team

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 **Federal Triangles Soccer Club** will be there in May to pour beer and show off their gorgeous legs. The Feds offer a Skills Building Team as well as opportunities for both men and women to play. To learn more, go to www.federaltriangles.org.

On the following day (Saturday, May 17), the Feds will host a **Yard Sale** to offset costs related to playing in tournaments in London and Barcelona. Find your treasures at 1511 16th Street from 9 AM - 2 PM. If you have some junk....I mean *items* to donate, contact Jim at James@primeplaceinc.com.

Speaking of Soccer.....

The Feds are organizing a group of fans to attend the **Women's National Team Game on Saturday, May 10th**. Contact Lisa Powell at lmptd@yahoo.com or Jim Ensor at

James@primeplaceinc.com if you would like a ticket. Kickoff is 7 PM and the Feds' will host a tailgate a around 5 PM. Come watch as our American Women rough up the Canadian Women's Team!

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. 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 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 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 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!

Still Skating and SOOOO Much More!

The DC IceBreakers Ice Skating Club continue to cool off at the ice rink at Ballston Mall. Their next skating night is **Wednesday, May 7 at 8 PM**. All skill levels are welcomed!

Then, join them on a special weekend edition of skating on **Saturday, May 17 at 7:45** when they host the group, Black and White Men Together. Afterwards, they will go to Rock Bottom Brewery for a special social hour with free (limited) appetizers.

And then, join them for a fun **GAMES and Wii night on Friday, May 23 at 7:30 PM**. There won't be any skating, but lots of classic games and all the Wii you can handle. To learn more about this night (including directions to the Games HQ in Ballston), contact Neil at pinmagic@msn.com.

DC Frontrunners' Spring Fling - May 16-18....and then some!

Join DC Front Runners for a weekend of running, walking, socializing and fun—our annual Spring Fling! This year's Spring Fling weekend events includes a Friday night out, the Capital Hill Classic 10K and a pre-race dinner at the HRC.

Newcomers are also welcome to our Saturday, May 17th Fun Run and Walk on the National Mall. Meet in front of Union Station at 9:30 AM walk, 10AM run. For further information about Spring Fling, visit www.dcfontrunners.org. All Runners or Walkers are welcome!

You start preparing for the **Targeting A Dream 5K Fundraiser on June 8** that the DC Frontrunners are supporting. The race will be in Northwest, DC near the FitzGerald Tennis Center. Targeting a Dream awards scholarships to student leaders who are members or allies of the LGBT community. To learn more, go to www.targetingadream.org.

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.

Summer Bowling and Other Pin Action

Summer leagues will be starting up soon, so go to www.carabowling.org to learn the wheres and hows to join.

Also, did you know we have a **League of Women Bowlers**? They will start back up in the Fall and bowl on Sunday afternoons beginning at 5:30. They move closer to the DC area and will be at the Rinaldi Lanes in Riverdale, MD. They have a number of other social events planned for the Summer, so check them out at <http://leagueofwomenbowlers.org/default.aspx>.

Good Luck to the group of bowlers who are bidding for the 2010 International Gay Bowling Organization Tournament to be here in the Washington metro area!

PRIDE DAY NEWS!

Don't forget that the Black Pride Festival is Sunday, May 25 and will be held behind Francis Field near P Street Beach. Team DC will have a table and happy to have your information displayed there. Also, Capital Pride is set for Sunday, June 15.

The **TEAM DC Beer Garden** is planned for Saturday, June 14 between 4-10 PM on the Church Street alley beside JR's Bar. Volunteers are needed, so contact Kevin Majoros at kevin@teamdc.org if you have some spare time.

Also, be on the lookout for news about the **3x3 Basketball Tournament** that will be held at Stead Field courts on June 14! We will have both a men's and women's divisions. This is going to be LOTS of fun!

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 or www.stevenreichert.com to submit your question.

If you have an item you or your team would like included in the Team DC Sportsgram, please send it to news@teamdc.org. The next issue will be on Wednesday, May 21.

Enjoy Your Week!
Team DC