BARRACUDA BULLETIN

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Record breaking relay: August, Andrus-Hughes, Moore, & Askerman

Brian August

Brian August

State Games Flew by in Record Time

by Jon Clark

Many scoff at the opportunity to give up a lazy July weekend to attend a swim meet. The appeal of a one size fits all t-shirt and some nice Nike socks is not quite enough for most. Perfect weather and a relatively low turnout for the 12 Barracudas who attended, it was a very fast meet in more ways than one! Many State, Zone and National records were broken on that perfect July weekend and the Barracudas shared in a lot of the bounty.

Barbara Frid swam a state record of 47.57 for the 50 breast and repeated the race doing the breast leg of the 200 Medley Relay for another state mark. Dave Radcliff set a State Games Record of 22:22.56 for 1500M and swam a fast 200 free split in a National record shattering 800 Free Relay. Chyle Edic, Eric Askerman, Brian August, and Kermit Yensen combined to earn a State record in the 400 Medley Relay. Eric and Brian joined another record breaking relay with Alison Moore and part-time Barracuda Karen Andrus-Hughes to set a zone mark of 9:40.54 for the mixed 800 free relay. Great individual events were had by all as well. Darlene Staley negative split her 1500M swim, Elfie Stevenin fit all of her 5 first place finishes into 1day! Newest Barracuda Andrei Karyukin swam his last meet unattached and joined the Barracudas after the meet!

For those who chose to forgo this event, you missed out on a great outdoor meet and some really comfy socks!

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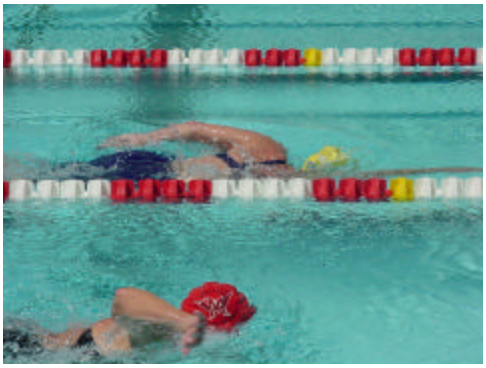

Alison Moore in the yellow cap.

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Barracuda News

We are approaching our annual general membership meeting and party, August 23rd at Ginny Ross' home, 8830 SW Woodside Drive, Portland. It's time to celebrate a great swim season and gear up for the next.

Nominations are still open for next year's Board members. We especially need someone to serve as Meet Director or Social Director. Nominations will be finalized and elections held at the meeting.

The meeting does not take much time and we quickly begin to celebrate by awarding the Pat Caudill award for most outstanding service and recognizing the most improved fitness and competitive swimmers. Please contact Coach Jon Clark if you would like to nominate a swimmer. We also will celebrate Sandi Rousseau receiving the USMS Ransom J. Arthur award.

Please join us for the BBQ and party. It's a good chance to meet swimmers, coaches, old and new board members in real clothes and on dry land.

August Birthday's

Brian August	8/01/70
John La Fountain	8/02/62
Mark Wilson	8/02/56
Neil Shepherd	8/07/59
Suzanne Rague	8/11/50
Joanne Morrow	8/13/47
Laurie Chern	8/14/69
Kelly Hibler	8/15/66
Leo Yau	8/15/40
Michael Fulton	8/23/75
David Head	**8/28/48**
Mark Becker	8/28/54
Peggy Toole	8/31/52

Results Corvalis Meet

Moore, Alison 33

1	800 LC Meter Freestyle	12:07.90
2	50 LC Meter Breaststroke	46.60
2	100 LC Meter Breaststroke	1:36.32
1	200 LC Meter Breaststroke	3:26.81

Frid, Barbara 61

1	400 LC Meter Freestyle	6:26.47
1	800 LC Meter Freestyle	13:06.12
1	50 LC Meter Backstroke	43.94
1	100 LC Meter Breaststroke	1:44.71

Stevenin, Elfie 82

1	50 LC Meter Butterfly	1:58.87
1	100 LC Meter Butterfly	5:11.71

Askerman, Eric 36

1	50 LC Meter Freestyle	28.09
1	100 LC Meter Freestyle	1:01.62
1	800 LC Meter Freestyle	10:46.11

Mirho, Charles 39

2	200 LC Meter Freestyle	2:40.59
2	400 LC Meter IM	6:24.71

Edic, Chyle 36

3	200 LC Meter Freestyle	2:49.93
1	50 LC Meter Breaststroke	40.23
1	100 LC Meter Breaststroke	1:28.88
1	50 LC Meter Butterfly	37.57
2	200 LC Meter IM	3:02.91

Curran, Patrick 42

1	100 LC Meter Freestyle	1:12.01
1	100 LC Meter Backstroke	1:28.74
1	50 LC Meter Breaststroke	42.40
1	100 LC Meter Breaststroke	1:35.21
1	200 LC Meter IM	3:08.08

Yensen, Kermit 50

2	50 LC Meter Freestyle	30.87
2	100 LC Meter Freestyle	1:09.60
2	200 LC Meter Freestyle	2:40.71
1	50 LC Meter Butterfly	33.88
1	100 LC Meter Butterfly	1:25.36

Rousseau, Sandi 56

2	*100 LC Meter Freestyle*	*1:25.56*
2	*200 LC Meter Freestyle*	*3:10.38*
3	*50 LC Meter Backstroke*	*48.89*
2	*50 LC Meter Butterfly*	*40.45*

TRAINING FOR THE TRIATHLON SWIM

By Peggy Toole

Several Barracuda swimmers declared their independence from lane lanes on July 4th at Hagg Lake. It was a glorious, sunny morning, the water level was up, and the infamous Hagg Lake mud was at a minimum. Kristi Riddle, Kermit Yensen, and Chris Toole have all competed in triathlons, which got us to talking about triathlon swimming.

Over the last few years, there have been several Barracuda swimmers, who train primarily for triathlons. I recently spoke with Amanda Tucker, who just completed her first Ironman, and Jim Teisher, who helped her train for the swim portion of the race.

The Swimmer's Perspective

Amanda, like many triathletes, always considered the swim the weak part of her triathlon. She was in the back of the pack of swimmers in shorter distance triathlons and vowed to do something about it. She met with Jim Teisher for swimming advice.

Amanda initially thought that if she was just in better shape, she would improve her swim time. Jim convinced her to slow down and focus on technique to swim faster. At first, she thought it was a waste of training time. She then discovered better technique improved her swim time and conserved energy.

When Amanda started swimming in June, 2002, her 100 yard freestyle time was 1:50. In September, she focused on swimming technique, primarily freestyle drills, body positioning, and getting a feel for the water.

She increased her conditioning and yardage during the February Fitness Challenge, swimming seven hours a week. In March, she added open water practices, swimming in Hagg Lake at a chilly 49 degrees. Open water swims continued through the Spring. Jim Teisher swam with her, often grabbing, jostling, and deliberately running into her to simulate the open water race.

Amanda's goal for the Coeur d'Alene Ironman was to complete the 2.4 mile swim in one hour and 13 minutes. The first 500 yards of the swim was crowded with 2,000 swimmers starting and lots of jostling. She was prepared, didn't let it get to her, and concentrated on her technique. Amanda finished the swim in 1 hour and five minutes, maintaining a 1:45 pace. More importantly, she felt that she had conserved energy for the rest of the race. *(Continued page 4)*

Devin Charles Vliet was born on June 10 at 4:55pm. He weighed in at 6lb and 5oz and was 20 inches long. His arrival was a big surprise, being close to 4 weeks early.

Continued from page 3

Looking back, Amanda credits her swimming for building her cardio conditioning and helping her avoid injury. She now swims 100 yards free in 1:26. When asked if she would do anything different in her training, she paused, then said the only thing she would change is to join THB sooner to get in more long distance swims.

Coaching Perspective

Jim Teisher worked one-on-one with Amanda twice a week at the Nike pool. They spent 45 minutes on drills, primarily freestyle catch-up drill, one arm drills, skulling, and pulling sets. Jim advocates skulling drills to "develop your grip on the water." Pulling sets simulate the buoyancy of wearing a wet suit. Amanda worked on one skill at a time. Once a skill was mastered, another was added, such as streamlining and skating drills to glide through the water.

Jim suggested Amanda swim with the Barracudas three days a week to maintain a feel for the water and get feedback from the coaches. He talked with Coaches Jon Clark and Laurie Kilbourn about training and encourages swimmers to get as much coaching feedback as possible. A coach can say something a certain way or at a certain time and the light bulb goes on.

Amanda was motivated by her goal to do the Ironman, didn't make excuses, and worked through the drills over and over. Jim found that he improved his own technique by demonstrating and explaining drills. We all sometimes swim without thinking, just like we tie our shoes without thinking. But explaining it to someone else forces you to stop and think through the best way to do each step.

Jim watched the Coeur d'Alene Ironman and Amanda's great swim. They were both amazed and proud at how far she came in such a short amount of time.

State Games Women Results

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Moore, Alison   33
  1  400 LC Meter Freestyle   5:46.12
  1  1500 LC Meter Freestyle  22:33.28
  2 100 LC Meter Breaststroke  1:35.53
Lewis, Kristine  33
  1 50 LC Meter Breaststroke   44.33
  1 200 LC Meter Breaststroke 3:21.30
Staley, Darlene  53
  1 1500 LC Meter Freestyle   24:53.02
  1  200 LC Meter Butterfly   3:33.75
Frid, Barbara  61
  2  50 LC Meter Freestyle    36.64
  1 100 LC Meter Freestyle    1:22.92
  1 200 LC Meter Freestyle    3:02.79
  1 400 LC Meter Freestyle    6:27.69
  1  50 LC Meter Breaststroke 47.57
  2  50 LC Meter Butterfly    40.64
Stevenin, Elfie 82
  1  50 LC Meter Butterfly    2:17.59
  1 100 LC Meter Butterfly    5:24.28
  1 200 LC Meter Butterfly    11:38.19
  1 200 LC Meter IM           9:14.58
  1 400 LC Meter IM           19:06.32
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State Games Men Results

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August, Brian  33
  1  50 LC Meter Freestyle    26.45
  1 200 LC Meter Freestyle    2:08.95
  1 100 LC Meter Butterfly    1:03.26
Kavan, Patrick  32
  1 100 LC Meter Backstroke   1:09.42
  1  50 LC Meter Butterfly    28.85
  1 400 LC Meter IM           5:15.52
Askerman, Eric 36
  3  50 LC Meter Freestyle    27.73
  4 100 LC Meter Freestyle    1:01.40
  2 200 LC Meter Freestyle    2:19.17
  2 1500 LC Meter Freestyle   20:36.32
Edic, Chyle  36
  8 100 LC Meter Freestyle    1:10.12
  3  50 LC Meter Backstroke   43.03
  3 100 LC Meter Backstroke   1:32.26
  2 200 LC Meter Backstroke   3:19.86
  4  50 LC Meter Breaststroke 37.63
Yensen, Kermit 50
  3  50 LC Meter Freestyle    30.30
  2 100 LC Meter Freestyle    1:08.00
  2  50 LC Meter Butterfly    32.67
  1 100 LC Meter Butterfly    1:23.05
  3 200 LC Meter IM           2:55.03
  1 400 LC Meter IM           6:25.97
Radcliff, David 69
  1  100 LC Meter Freestyle   1:15.74
  1  1500 LC Meter Freestyle  22:22.56
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State Games Barracuda Relay Results

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Men 120-159 400 LC Meter Medley Relay  5:11.95
     1) Edic, Chyle 36    2) Askerman, Eric 36
     3) August, Brian 33  4) Yensen, Kermit 50
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What is missing here?

Just Add Barracudas…!

Come and join us for the Barracuda BBQ on Saturday, August 23rd at 5:30 pm

If you are a Cuda, or affiliated with a Cuda, and you like outdoor parties and food, this event is for you. Come to this event and you will be asked only to feast on BBQ, celebrate, and pass the chips. But wait there's more!! We will also request that you vote for our new Board of Directors. Or, you can vote against them, but the important thing is that you vote! So bring your family, your sunscreen and your dangling chads and don't miss out on any of these important events. As an added bonus on top of all this celebrating and political hubbub, this year's BBQ will also be a special event to honor our own, *amazing*, Sandi Rousseau, winner of the 2003 USMS Ransom J. Arthur Award! We will do this in classic Barracuda style, by feasting and partying just that 'little extra bit more' in her honor. So maybe you're wondering, "Where shall we go for all these important Cuda activities?" The answer is….to the backyard of 8830 SW Woodside Dr, Portland, Oregon 97225. We'll just take over the place and hope the owners don't mind! To get there take Beaverton-Hillsdale Hwy East to Jamieson (before Valley Plaza). Turn RIGHT on Jamieson and proceed to 88th Ave. Turn LEFT on 88th Ave. and proceed through two intersections. Park on the corner of 88th & Woodside Dr. in any space you can find including any driveway. Don't even bother knocking or ringing a doorbell because we'll all be in the backyard, and you'll just upset the owners anyway. So just come through the gates and commence partying. If you need more convincing or have any questions, please call Ginny at 503-292-7674. (Note that parents will need to act as lifeguard and watch out for their own kids' safety while using the pool or while falling off the deck. *Thanks!*)

Barracuda Bulletin

Tualatin Hills Barracudas
15707 SW Walker Rd.
Beaverton, OR 97006

Master's Swimming since 1981

EVENTS

Pool Meets

Aug 9-10	NW LCM Zones, Federal Way, WA
Aug 13-17	LCM Nationals, New Jersey

Open Water

Aug 17	1 mile & ? Dorena Lake

Web Resources

Tualatin Hills Barracudas http://www.barracudas.org
Oregon Masters Swimming http://www.swimoregon.org
United States Masters Swimming http://www.usms.org