

# BARRACUDA BULLETIN



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## 2004 Nationals- Fast pool, fast swims!

By Jon Clark

Jennifer Alden, Steve Griffin, and Sean Swain joined in with 8 other OMS swimmers attending the USMS Short Course Nationals April 22-25 in Indianapolis. The fantastic venue has been the home of several Olympic trials, NCAA championships and National competitions. It is considered one of the fastest if not the fastest pool in America. The performance of the Barracudas and the other OMS swimmers certainly lived up to the standards of this world-class facility. Be sure to congratulate these three teammates as they represented all of us in fine fashion.

Jennifer (Purdue graduate) returned to her colle-

gate stomping grounds and had some great sprint races! She also played a great tour guide pointing out the amenities Indianapolis had to offer. Steve Griffin beat out his ex-teammate Jeff Palmer in both the 100 free and 100 fly. Falling a bit short of his sub-1 minute fly goal, Steve proved it is in his grasp. Sean wrestled into a full body suit to prove that a Kanuk can be a force in US swimming. He had great swims in the 50, 100, 200, and 500 freestyle and could have finished top ten in his other two events if he opted to swim them. See all the results posted in this newsletter and thanks to these and the other OMS swimmers for making this a memorable event.

### Results from Nationals

Sean Swain	33		
50 free	14	22.78	
100 free	4	48.37	
200 free	3	1:44.91	
500 free	2	4:49.63	
Steve Griffin	39		
100 free	39	58.49	
100 fly	28	1:06.66	
Jennifer Alden	25		
50 free	9	26.05	
50 back	3	28.73	
100 back	3	1:01.55	
50 fly	6	27.44	
100 fly	7	1:02.53	
100 IM		1:04.13	

### June Social the 13th Hagg Lake Bike, Swim, & Picnic

This social is for those Barracudas who like to ride their bikes or swim open water or both. Barracudas wanting to go for a social ride around the lake (approximately 10.5 miles) can meet at boat ramp C at 7:30 am. (You speedsters may go around as many times as you would like) At 9:00 and 10:00 there will be an organized open water swim that you may register for or volunteer to help. At 9:00 am will be the start of a 800 swim followed by a 2000 or 4000 swim starting at 10:00am. If you would like to help with the open water event contact Jim Teisher to see what you can do. [Teisher@easystreet.com](mailto:Teisher@easystreet.com) If you would like to enter the swim, entry forms can be found at [www.geckotriclub.com](http://www.geckotriclub.com).

All swimmers and volunteers will be provided with a picnic lunch. If you would like to just come and hang out with other 'cudas, then you should bring your own lunch.

Of course bring your boat and take us all water skiing after the swim.



Barracuda's will have a booth at the swim to encourage the triathletes to try out our team.

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## Message from the President:



### Great Summer Activities and a Really Neat Idea:

**Kennedy Price and Chyle Edic** need our help with the THB Long Course Swim Meet on June 19<sup>th</sup>. Kennedy and Chyle are doing a great job as meet directors. Please contact them and offer to help out. Several non-official tasks need volunteers. It feels good to work with the club this way. See you at the meet.

**Jim Teisher**, our Long Distance / Open Water Chair, has arraigned for THB involvement in an Open Water Swim at Hagg Lake on Saturday, June 13<sup>th</sup>. THB's may informally meet for a 7:30 AM bike ride and enjoy social activities during and after the swim. Jim is requesting THB volunteers to help the GECKO Tri-athlete Club operate this swim event. The atmosphere is great. Help Jim establish a THB relationship with this club and enjoy activities at Hagg Lake.

**The Really Neat Idea:** There will be a few times this summer when the pool will not be available for Friday evening swim time. We will schedule alternate activities, such as a softball game, bike ride, Open Water Swim etc. Stay tuned! I can hardly wait, this sounds like a super way to spend a Friday evening.

Our **Annual General Membership Meeting and Barbeque** is coming this fall around Labor Day. We will have a good time (if history repeats, again) and will elect our new THB Board. This year there is a lot of opportunity for THB's that want to become involved with the board. It is also a good time and since the club seems to be cruising well, it is especially enjoyable to participate. At his time, **Alison Moore** has let us know that she will not be able to continue as the THB Vice-President or Membership Chair. Alison has worked very hard helping the THB with these two positions as well as assisting in almost every other task that has come along. Come to our next board meeting and see what position or committee that you may be interested in working. By the way, Alison is becoming involved with the OMS board and will be available to work in different capacities with the THB administration. Whew... that's good news.

I don't think we can fully express our THANKS to **Kristine Lewis** for the years of (Great) work she has given to our swim club. At this time, Kristine is acquainting Julie and Fred Peterson with our bookkeeping. It appears that we will have the opportunity to vote Fred and Julie into the Treasurer's position at our fall meeting and barbeque. Thanks!

And... checkout the workout plans **Our Cool Coaches** have put together. Along with a season plan they are presenting Tuesday AM "mini" clinics, and stroke Thursdays.

Summer is almost here, the days are longer, we have great activities in the works...

**Woo-Hoo Barracudas!**

KENNEDY PRICE	June 06, 1972
PEGGY CRISP	June 08, 1937
KERMIT YENSEN	June 10, 1953
ANDREE KRAKER	June 21, 1961
KEVIN RONEY	June 28, 1954
KIMBERLY SHERA	June 30, 1973

June Birthdays



Barbara Frid rips up the "Y" Nationals with all firsts!

100 yards IM	1:20.59
50 yards free	31.80
50 yards back	38.17
50 yards fly	34.43
100 yards free	1:11.99
100 yards breast	1:30.92
100 yards back	1:23.49
200 yards free	2:41.69

Barracudas are needing a few people to volunteer to be on the Board of Directors for this club. Please talk with any Board Member regard-

This cute little bundle is Adam James Ramsey. He weighed in at 8 lbs 8 oz and was 20.5 inches long. Congratulations Laurie and family.

Swimmer Survey Question:

As you know Coach Jon has been emphasizing hypoxic training lately. If Jon tells you to hold your breath as long as you can and then finish 100 meters breathing every 5 strokes, how many strokes will you get before you take a breath? How old are you?



Age	# strokes	comments
33	11	If I am not trying to die. I have made 23 before.
33	4	
35	20	if it is the first one, 14 if it is the 10th one
37	20	
43		The question is, how long can a 43 year old woman who has had two abdominal surgeries in the last 4 years hold her breath and swim before her bladder gives out and she wees in the pool? In my case...you don't want me holding my breath for more than about 20 yards.
44	15	Then I feel like I am 80 years old. Is that the survey?
48	2	
49	10	If I use a pull buoy and the water is not too cold. If no buoy then its hard to do every 5.
50	25	
51	12	if it is Monday. 10 any other day of the week
53	5	I would make 5 to 8 stokes then go to alternate breathing.
53	5	to 8 then go alternate breathing
53	12	based on doing this for 50 yards, instead of 100 yards, at the Monday workout, I was averaging about 12 strokes before my first breath. I probably would have done fewer if we had been swimming 100 yards. In the past I've been able to stay closer to 16 strokes before my first breath- but I don't recall how much recovery time we had.
55	7	pretty poor---that is because I am not running NEARLY enough.
55	2	
57		I ignore the instructions. I don't do hypoxic training
66	3	

# Barracuda Bulletin

Tualatin Hills Barracudas  
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# E V E N T S

### **Pool Meets**

July 10-11	State Games LCM	MHCC, Gresham
8/12-15	LCM Nationals	Savannah, GA
9/11	Patriot Games	Camas, WA

### **Open Water**

7/17	National 3-5K Championship, Applegate Lake	
7/18	OMS Series 1400,200,400,800, Applegate Lake	
7/30-8/1	OMS Series	Elk Lake
8/14	3000, 1500, 500	Eel Lake
8/22	OMS Series	Dorena Lake

### **Postal Events**

May 15–Sept30	5K/10K Postal
Sept. 1-Oct.31	3000/6000 Postal
Jan. 1-Dec.31	USMS Virtual Swim Series

### **Web Resources**

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