

BARRACUDA BULLETIN



Volume 4, Issue 11

November 1, 2004

Swimmer Profile: Pat Cecil

By Lois Allan



Pat Cecil, who has been swimming with the Barracudas since 1995, recently was elected to the board as secretary. Using a lap top rather than the more traditional yellow pad and pencil, he keeps up with the discussions, no matter how long or digressive, and after a little polishing, can soon fire off emails with a draft of the minutes to the other board members.

Pat attends morning workouts, and although he terms himself a fitness swimmer, he often competes in meets. His preferred strokes, he says, are freestyle and butterfly; he is emphatically not a breast stroker! He's come a long way since learning to swim as a senior in high school in Eugene where he grew up. He continued with lessons as a student at Oregon State. After he was out of college and working in the Bay Area, he became a U.S. Masters swimmer, joining the Lynbrook team, which is part of the Pacific Masters. With the Lynbrook club he became a serious adult swimmer and competed for the first time.

In 1995 he wanted to return to Oregon, so found a job in computer administration with Mentor Graphics. He, his wife Megan and daughter Sonja live in the Cedar Hills area—close to the 50 meter pool, but a long way from Mentor Graphics. Nevertheless, after a 5:30 a.m. swim workout with his fellow Barracudas, he drives to Wilsonville to work. So far, Pat hasn't influenced Megan and Sonja, who enjoy recreational swimming, to become serious about it but that doesn't deter him from setting a good example.

In addition to swimming Pat and Megan are volkswalkers and participate in a square dancing group. Those activities plus involvement in Sonja's middle school activities and keeping up with yard work, certainly keep Pat from being bored. Fortunately, he finds time to contribute to the necessary work of maintaining our club's high level of performance.

Notice from the membership chair

November has come once again so you can now renew your Barracudas membership for 2005. For only \$25 you can be assured of another year of whatever it was that made you join us in the first place! This year, there is an extra box to check on the membership form if you want your name and phone number on a roster that will be made available to club members should they ask for it. This list is to facilitate those who wish to carpool to meets, or just ring up their lane mates to gently inquire as to their whereabouts if they don't turn up to workout (and you miss them). Your name will not be included on this roster unless the box is checked, and the roster will only be given out when specifically asked for.

Thanks, Rachel

Lead Coach, Jon Clark
jclark@pcc.edu

Coach, Laurie Kilbourn
numbersoup@jps.net

Coach, Jesse Raskauskass
jesseswims@hotmail.com

Coach, Jennifer Alden
jenniferalden@hotmail.com

Coach, Eric Askerman
eric.askerman@arch-animation.biz

President, Rich Minter
rich.minter@verizon.net

Vice President, Doug Morse
doug_morse@yahoo.com

Membership, Rachel Skoss
skossr@ohsu.edu

Secretary, Pat Cecil
thatcomp@easystreet.com

Treasurer, Fred & Julie Peterson
16055 SW Walker #126
Beaverton, OR 97006

Meet Director, Rachel Skoss
skossr@ohsu.edu

Fitness, Anna Casey
acasey@cathedral-or.org

AAC Rep., Jon Schieltz
jdschieltz@comcast.com

OMS Liaison, Dave Radcliff
dave@theradcliffs.com

Social, Linda McGill
linda.McGill@nike.com &
Jeanne Teisher
jteisher@easystreet.com

Historian, Lois Allan
lmallan@easystreet.com

Sunshine, Judy Melcher
jwaterynymph@msn.com

Records, Sean Swain
swainer593@hotmail.com

Newsletter, Darlene Staley
dstaley@pcc.edu

Webmaster, Sean Swain
swainer593@hotmail.com

Open Water, Jim Teisher
teisher@easystreet.com

Message from the President

Our new THB board is getting to work and is already planning for another good swimming season. Some perennial great events and some new challenges are in our future this coming year. We are now preparing for our two premier annual events, the THB Pentathlon and the February Fitness Challenge. Be sure to plan ahead and join in on the team work that makes these great THB events.

This coming year we face one particular challenge. As several of the THB's are aware, the T-Hills Park District has voted to substantially raise the Out of District Fee. When this fee increase is fully implemented, single out of district team members will see an increase of about 85 dollars per year. This may be too much of an increase for some of the members to bear. Because we are a high quality special program, we draw members from a large area. This means that nearly one half of our members are out of district. If several of the out of district swimmers decide not to continue swimming with the team, we will have to compensate in some manner. This could mean some combination of aggressive recruiting, and increases in individual coaching costs. But at this time, the Park District has decided to phase in the increase, so our out of district members will not see increases for a while.

Here is how the situation is at the moment;

The Park District has voted to raise the Out of District fee to \$187 for singles or families living in the same household, but has deferred half of the increase for one year. Along with the increase, the board has voted to make the cost of the frequent user pass the same price as paid by in district users.

Beginning next year (Jan 2005) the yearly Out of District Fee will raise to \$94 per year for single members and families living in the same household and may be paid on a quarterly basis. Because of the drop in the frequent user pass the total cost to Out of District members will actually drop a small amount until the full raise is in place. Information we now have indicates that the Park District will redefine the "year" to mean through this coming June. It will be possible to purchase a one year pass and pay one year of Out of District fees just prior to the full increase of out of district fees. This means that out of district members can postpone an increase in cost until July of 2006. If this affects you and your pass runs out before August of 2005, it would be advantageous to buy short term passes that run until June 2005, and then purchase a year pass before the full raise is in effect. Let's be careful to make sure no THB get caught unaware and ends up with extra fees and hard feelings. Thank you. -Rich

Friday after Thanksgiving Day

Also known as the biggest shopping day of the year.

Barracuda practice **morning only** 5:15—6:45 am

Followed by breakfast at Elmer's (down 158th)

Pool closes at 3:00 pm



November Birthdays

ROSS GINNY	4, 1959
WONG TINA	7, 1951
GODDARD GRACIE	7, 1959
ROTAN KRISTINE	9, 1970
BERRIAULT KRISTA	11, 1978
LAMBERT ROY	12, 1946
HELGET NANCY	27, 1948

Barracuda Records Online

Records for all the events have been accumulated throughout the history of the Barracudas, or at least to the extent that we could find written records of results and documentation that the individual was an active member of the Barracudas. Please look at the records in your age group and see if there is a time you might be able to do. For example if you are a 50-54 year old man, check out the time for the 50 & 100 LCM Breast-stroke. Did you find no time listed? That is because as far as we know, no Barracuda male has swum the 50 and 100 meter long course event. In other words, if you are in that age group, all you have to do is enter the event, swim without getting disqualified, and you will hold the **Barracuda record**. Since we have always had some elite swimmers there are a lot of records that are much more challenging to set. Another strategy you might try is to live longer than anyone. We don't have very many records in the 85-89 age group yet.

Kristine & Marco's Wedding

This picture was taken by Zober Images and all of the picture can be seen at their web site, www.zoberimages.com



Barracuda Bridge Pedaler meets Barracuda Bride Strider on top of the Fremont (August 2004)



Letter from Kristi Panayotoff

Dear Barracudas Family

While doing the 20 X 50's on a minute at our practice, I could feel my hands disintegrating into my open-fingered claw position, and therefore missing the rubber bands issued to me by Coach Jon at the August picnic. As I sit forlornly in my house in the Maine woods, that's not all I miss. I miss you all VERY MUCH!! At this time of renewing your Barracudas and OMS memberships, to all of you who have the slightest hesitation about the \$25/year Barracuda membership fee, the \$38/year OMS fee, and the \$30/month coaching fee---I proclaim-[metaphorically, from the highest of the 50 meter pool's diving platforms]: SEIZE THE OPPORTUNITY!! You have GOLD!! You have: multiple, excellent coaches, work-outs every week-day, 3+ times a day, unflagging support from the coaches for extra-curricular swims like postal events and February Fitness swims, excellently run meets and open water swims, and warm, fun social events. A quick look at the award winning Aqua-Master shows, in-print, what we all know---that many dedicated Barracudas also serve as the cornerstones which support the statewide Oregon Masters Swimming organization. Trust me, you have GOLD; SEIZE IT!!

Much love to all, Kristi

You may send Kristi an email at: linc2kp@tidewat

Tualatin Hills Barracudas Swim Club

2005 Membership Application and Renewal Form

Good from November 1, 2004 through December 31, 2005

The annual registration fee is \$25.00 (Families pay \$45.00); \$15.00 if you are joining between July 1 and November 1 (families pay \$25.00). This fee covers the monthly newsletter, social activities, training equipment used at workout, coaches clinics and allows you to attend coached workouts and register at swim meets as a member of THB.

You are also required to:

Become a member of OMS/USMS \$38.00/year paid directly to OMS.

Maintain a THPRD pool membership paid to THPRD.

Coached workouts are \$30 per month (\$25 for members age 65+). Payment may be made in advance, but no later than the 10th of the following month. Please note on your check which month(s) the payment is covering. Note: for our esteemed members over 65, or with documented Social Security Disability, the monthly fee is \$25. Please complete the form below (and second page for coaches) and attach it to your annual dues check (Payable to: Tualatin Hills Barracudas). For your convenience, a Barracuda payment collection box is located in the stairway to the spectator seating area in the Tualatin Hills Aquatic Center. You may also mail your fees to:

**Fred or Julie Peterson
16055 SW Walker Rd. #126
Beaverton, OR 97006**

THB workouts are Monday through Friday: 5:15-6:45am, 11:30-12:30, 12:30-1:30pm and 7-8pm

Please check one: ☼ **New member**☼ **Renewal**

You would be willing to have your **name** and **phone** number placed on a roster that will be available to other members on request to the membership chair. ☼ **Yes**☼ **No**

Name _____ **Date** _____

Address _____

City _____ **State** _____ **Zip** _____

Email address _____

Home phone _____ **Work phone** _____

Occupation _____

Birthdate _____ **Age** _____ **Male** _____ **Female** _____

Please check one: ☼ **THPRD in-district** ☼ **THPRD out-of-district**

THB Coaching Sheet

Name _____ Age _____

Please list your interests in order of priority: (1-7, with 1 being most important)

- _____ health/fitness
- _____ open water swimming
- _____ pool competition
- _____ social events
- _____ stroke improvement
- _____ triathlons
- _____ workouts

How many times a week do you plan to attend practice? _____

What are your strengths and weaknesses in swimming?

What are your short term and long term swimming goals?

How do you plan to work toward your goals?

How do you feel the coach could help you reach your swimming goals?

What other fitness activities, including dryland training , are you involved with?

Do you have any mobility restrictions? (describe)

If you have any other chronic health problems, please discuss them with the coach. Also feel free to address other topics, such as g times, taper, travel meets, weight control, non-athletic goals, etc., or add general comments.

Barracuda Bulletin

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

Master's Swimming since 1981

E V E N T S

Pool Meets

Nov 12 –13	SCM Zones	David Douglas
Jan 22	Animal Meet	Canby
Feb 19	Pentathlon	Tualatin Hills
Ap 1-3	Associations	Canby
Ap 8-10	Zones	Federal Way

Postal Events

Jan. 1-Dec.31	USMS Virtual Swim Series
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Web Resources

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