



# BARRACUDA BULLETIN

## HOOD RIVER PHOTOS AND MEET RESULTS



Anna Casey doing her favorite stroke



Rachel Skoss Flying

### Hood River Results (SCY)

<b><u>Casey, Anna</u></b>	<b>28</b>		
	2 <sup>nd</sup>	200 Yard Freestyle	2:42.11
	1 <sup>st</sup>	100 Yard Butterfly	1:33.31
	1 <sup>st</sup>	100 Yard IM	1:30.07
	1 <sup>st</sup>	400 Yard IM	6:28.83
<b><u>Skoss, Rachel</u></b>	<b>36</b>		
	1 <sup>st</sup>	50 Yard Freestyle	30.64
	2 <sup>nd</sup>	100 Yard IM	1:19.90
<b><u>Frid, Barbara</u></b>	<b>63</b>		
	1 <sup>st</sup>	50 Yard Freestyle	31.92
	1 <sup>st</sup>	100 Yard Backstroke	1:27.28
	1 <sup>st</sup>	50 Yard Butterfly	34.75
	1 <sup>st</sup>	100 Yard IM	1:21.96
<b><u>Christensen, Douglas</u></b>	<b>42</b>		
	1 <sup>st</sup>	100 Yard IM	59.70
	2 <sup>nd</sup>	200 Yard IM	2:13.94
	1 <sup>st</sup>	400 Yard IM	4:49.66
<b><u>Radcliff, David</u></b>	<b>70</b>		
	1 <sup>st</sup>	50 Yard Freestyle	27.09
	1 <sup>st</sup>	200 Yard Freestyle	2:13.35
	1 <sup>st</sup>	500 Yard Freestyle	6:17.94

## Pool mates - Introducing the ~Thunderbolts~

This new section is being added to the Bulletin to help the two excellent swim clubs at the Tualatin Hills Aquatic Center get to know each other a little better. They will generally be brief highlights of the last month, but this one is a bit longer. It amazes me that one pool has one of the top junior swimming programs in the country and one of the top masters swimming programs in the country. It is also surprising how little many people in one club know about the other, even though we swim next to each other almost every day. Just to avoid confusion. The Thunderbolts are the ones we usually refer to as 'the kids' and often have those distinctive black caps with the lighting on them.

### **Thunder from bottom to top.....**

The Thunderbolts are a USA Swimming Junior Swim Team consisting of boys and girls from 6 to 17 (and sometimes older in the open races) competing in several age groups. Olympic Way is a beginner's program that introduces the little ones to friendly competition swimming. (There's friendly competition swimming???) Next is the Junior Age Group (JAG - not the one that's a TV show.) These kids, age 8 - 11 or so, swim in sanctioned meets and have to follow all the rules the big kids do. Then Teen Age Group (TAG - not the game) takes swimmers to the next level of serious competition. Generally 12 - 15 years old, though some 11 year olds make it in, they go all over the country, and win often. Finally, there is Senior 1 Senior 2 and Senior National. Senior National are the really fast kids who have made the cuts to swim in national and international level competition.

### **Are these kids good or what?!**

All the kids from TAG on up swim in USA sanctioned meets locally, in State Championships, in Sectional Championships, at Nationals and even had two members go to the World Trials this year. The Thunderbolts have always been a strong club. Many Thunderbolts go on to

college competition, and then there's Inky deBruijn. All she did was go to the 2004 Olympics and come back with 2 Golds, a Bronze and a Silver. Not bad for one of 'the kids'.

But the current crop of swimmers is the best yet at all levels. In one meet in December involving all the groups, the Thunderbolts broke 31 team records in 3 days!! And that was swimming against kids from Germany, France and Canada. That put the cap on a great 2004 that saw 9 individual Thunderbolts and 32 relay swimmers recording TOP 16 times in the country in their age groups.

They are not slowing down any in 2005 either. It started off with a bang in mid January at the Eastern Classic in Atlanta, one of the fastest junior meets in the country. How fast you ask? Well, Morgan Scroggy (16) found out when stepped up on the blocks for the 100 butterfly and saw current Olympian, Katie Hoff stepping up as well. So how did Morgan handle that challenge? She beat Katie head to head!! And made the 2005 National Junior Team.

The TAG group took the headlines in late February as they powered their way to the 11 - 14 Age Group OSI Championship, setting 4 new OSI records in the process. But that was just a warm-up for the February age group sectionals in Federal Way which they won for the 5<sup>th</sup> year in a row! They pulled off 21 first place finishes, set 5 new OSI records and 5 additional team records in the effort. Steve Ung (12) had the race of the day as he broke a 30 year old record in the 50 freestyle with a 23.71. Talk about your bench strength

While all the "A" time kids were off smashing records, the up and coming "B" timers got to swim in a meet of their own against all the other local clubs' "B" timers. And all the Thunderbolts did was wallop everybody in both the 10 and under and the 11 and over age groups! Some of them even made their first "A" time cut in the meet. The future

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looks bright indeed for the Thunder side of the pool.

It would take many pages just to list all the record times and recognize all the accomplishments of this great group of kids. You can go take a look at their website news section for more highlights of the season.

<http://www.thillsswimming.com/news.htm>

### **More than just the swimming to be great**

As we know, it takes a lot more than great swimming to make a great swim club. It takes great parents, great coaches, great volunteers and community support. And that is where the Thunderbolt story gets really interesting. Next month I will share a few notes with you on that front. Particularly on how the Thunderbolts prove that families that swim together win together.

### **THB June birthdays...**

June 6 KENNEDY PRICE, 32  
 June 8 PEGGY CRISP, 67  
 June 10 KERMIT YENSEN, 51  
 June 16 GERALDINE KAWABATA, 70  
 June 21 ANDREE KRAKER, 43  
 June 23 KIM HEAD, 20  
 June 28 KEVIN RONEY, 50

### **Barracudas Break 100!! by James Butler (Membership Chair)**

Did your swim lane seem a little smaller than usual in March? Did it feel like you were running over, or being run over more often than usual? Did the coaches appear to be running back and forth a little harder? Did the front of your lane circle finish a lap before the last person started one? There must be a logical explanation. Perhaps a problem with planetary alignment. Or the kids taking an extra lane, or two, or three. Nope! The Barracudas had 100 swimmers in coached sessions in March for the first time ever! So it was not an illusion, or lack of sleep. It really was that crowded!

We had new faces showing up, some old friends returning after traveling, recovering from injuries, or just taking a break, and lots of regulars showing up all month. That is great news for the club as any club needs both regular swimmers and a steady flow of new members to stay healthy and strong. We know things tend to slow down a bit after the association meet, but we have continued to see new faces showing up in April and now May. And they are doing great! Some of those new faces run right over me the first day in the pool. To which I say, "See you on June 4<sup>th</sup>. You are ready!"

### **A Different Twist on Dehydration by James Butler**

One of the most ironic things about swimming is that we can die of thirst while mostly submerged in a pool of fresh water. There has been much written on this topic, but I stumbled onto a new twist (as far as I know) while getting acquainted with my new doctor the other day.

I mentioned one of the reasons I enjoyed swimming is not having to worry about the calcium crystals in my knee cartilage acting up. (Commonly known as Pseudo Gout, officially called Calcium Pyrophosphate Dihydrate Crystal Deposition.) In simple terms, these crystals normally lay in the cartilage and cause no symptoms.

Why they are there no one knows. Some speculate injury trauma may be one cause, like jabbing a pitch fork into the top of your kneecap. (Don't even ask.) The problem comes when they get squeezed out of the cartilage into the joint. The body reacts to the crystals as enemy invaders that trigger

the nuclear option. In short, the victim wakes up with a knee the size of a watermelon.

The short of it is to find ways to keep those nasty crystals in the cartilage and out of the joints. (No minors allowed!) My doctors in the past said to avoid over stressing the joints, particularly with sudden lateral movements. (I was playing racket ball the first time I had a problem. No sudden lateral movements in that sport. Doh!) But this new doctor said the most critical thing in keeping those crystals happy in their environment is to avoid getting DEHYDRATED.

It seems as long as the cartilage is good and juicy, it acts like glue and holds those crystals in place. So, I now have not one, but two Barracuda water bottles and their key role in my continued good health is crystal clear.

### **Morning Workouts For Sale??**

It is rumored that a black market is developing within the Barracudas for good morning swim workouts. It seems the tables have been turned and the swimmers are being directed to turn in workouts for the morning sessions, or face dire consequences. But there are disclaimers. Workouts that are.....inadequate or.....inappropriate may be modified or rejected completely. So the heat is on. If you have a good workout sitting in your desk drawer, now may be the time to put it up for auction in the Bulletin. (But hold off a little longer. The bid price is sure to go up!)

The trend so far has seemed to reflect the personal favorites of the submitters. There's the 'no kick' work out. (Go ahead. Take a guess!) Then there's the hypoxia mania workout. (Leaves you breathless, if not dead.) And lookout for those triatheletes man. THERE ARE NO BICYLCLES ALLOWED IN THE POOL!! And the freedom freestyle is ever popular. But my personal favorite is the Venti 5 X 50 X 5 and out. (Five fifties with five minutes rest and go to Starbucks. ) Think that one will be modified? By multiples of five perhaps?

And you thought mornings never had any fun!



### **See Ya Later, Alligator!**

When Coach Jon heard Molly was leaving the Barracudas to take a position in Africa, he felt obligated to prepare her for the type of open water swimming she would face there. (Not to say they do not have nice indoor pools in Africa. We just know that is likely not where Molly will swim on this assignment.)

On her last Barracuda morning workout, the coach presented Molly with all the open water gear she might need, both in the water and on the shore. First, there's that hot sun. So Molly has a traditional dual purpose basket hat. It will protect her from the sun, and when inverted,

can serve as a lifeboat in the water. And there are bugs of every variety dry and wet. So Molly has a personal fine mesh netting that will also keep the leeches off when swimming in the river. (Remember African Queen?) Then there is a need to defend oneself from a variety of hostile threats like lions, crocodiles and lap swimmers. Thus, a spear, shield and blow gun. (With tranquilizer darts, of course!)

Why go to all this effort? Simple. We want Molly to be safe, prosperous, happy and survive long enough to return to the warm friendly waters of the Barracudas!

Tualatin Hills Barracudas  
15707 SW Walker Road  
Beaverton, OR 97006

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**Pool Meets**

June 4            LCM THPRD, Beaverton  
July 9-10        LCM State Games, Mt. Hood  
July 22-31       World Masters, Edmonton, Alberta, Canada

**Open Water**

June 12         Haag Lake  
June 25         Foster Lake  
July 16          Applegate  
July 29-31      Elk Lake  
August 13       Eel Lake  
August 21       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>