



BARRACUDA BULLETIN

June 4th T-Hills LONG COURSE MEET RESULTS



Elfie at TH Long Course Meet

THB Swimmers warm up at the Sizzling Summer meet!

(by Coach Laurie Kilbourn)

On June 5th, THB showed the world again how wonderful we are! Hosting a meet is a team effort, from the setting up to the taking down, from the heat sheets to the hospitality. It takes many good people to put on a meet, and on our team, we've got good people!

Two Oregon records, seven Zone records and one National record were set in our pool, and many swimmers took advantage of the 5,000 meter opportunity, in order to qualify for postal swims. Both Jed Cronin and Dave Radcliff had excellent swims, proving not only fine wines get better with age.

How many times do you see all the current Barracuda coaches in the same place? There were so many of us, I found myself offering coaching tips to swimmers on other teams.

The first long-course meet is always a struggle, at least for the noontime and evening swimmers, although they did themselves proud. Getting half way through the 50 fly and not finding a wall can be quite disconcerting!

Now, about that Summer Sizzle meet name. Here in the Northwest, everyone knows that we don't get much warm weather until after the Fourth of July, unless you're talking about winter 2005. Maybe we should call it the cobweb-clearing, cloud-covered, creatively-challenged meet next year!

Hedlind, Trista 24

1 st	50 LC Meter Freestyle	31.37
1 st	100 LC Meter Freestyle	1:07.71
1 st	100 LC Meter Backstroke	1:20.49
1 st	50 LC Meter Butterfly	34.76
1 st	100 LC Meter Butterfly	1:18.84

Alden, Jennifer 26

1 st	100 LC Meter Backstroke	1:15.22
1 st	50 LC Meter Breaststroke	40.89
1 st	200 LC Meter IM	2:50.51

Skoss, Rachel 37

2 nd	50 LC Meter Freestyle	35.78
4 th	50 LC Meter Breaststroke	47.39

Moore, Alison 35

3 rd	50 LC Meter Freestyle	36.15
3 rd	50 LC Meter Breaststroke	45.80

Sitter, Darby 62

2 nd	50 LC Meter Freestyle	58.60
1 st	100 LC Meter Backstroke	2:43.15
1 st	50 LC Meter Breaststroke	1:20.41
2 nd	200 LC IM	5:37.76

Stevenin, Elfie 84

1 st	100 LC Meter Backstroke	3:48.57
1 st	200 LC Meter Backstroke	8:07.48
1 st	100 LC Butterfly	6:22.89
1 st	200 LC Meter IM	9:46.43
1 st	400 LC Meter IM	21:17.16

Cox, Chris 44

3 rd	100 LC Meter Freestyle	1:19.78
2 nd	200 LC Meter Breaststroke	3:44.64
4 th	50 LC Meter Butterfly	41.72
3 rd	200 LC Meter IM	3:30.90

Holden, Andrew 86

1 st	50 LC Meter Freestyle	38.43
1 st	50 LC Meter Breaststroke	59.39
1 st	50 LC Meter Butterfly	49.33

Christensen, Douglas 42

1 st	50 LC Meter Butterfly	28.70
1 st	200 LC Meter IM	2:35.46
1 st	100 LC Meter Butterfly	1:05.93

Karyukin, Andrei 40

3 rd	50 LC Meter Breaststroke	41.45
2 nd	100 LC Meter Freestyle	1:13.29
3 rd	50 LC Meter Butterfly	32.94
3 rd	100 LC Meter Butterfly	1:26.58

Ramsey, Ed 49

1 st	800 LC Meter Freestyle	11:20.01
1 st	50 LC Meter Backstroke	35.65
1 st	100 LC Meter Backstroke	1:19.03
1 st	200 LC Meter Backstroke	3:01.75
2 nd	400 LC Meter IM	7:04.84

Butler, James 53

2 nd	50 LC Meter Freestyle	39.98
2 nd	100 LC Meter Freestyle	1:38.43
2 nd	200 LC Meter Freestyle	3:43.05
3 rd	50 LC Meter Backstroke	56.33

Radcliff, Dave 71

1 st	50 LC Meter Freestyle	31.21
1 st	200 LC Meter Freestyle	2:37.78

Mixed 280-319 200 LC Meter Medley**Relay**

1 Oregon-OR 'A'	5:47.22
1) Wells, Margaret 79 2) Buel, Hilda 91	
3) Radcliff, David 71 4) Thayer, George 69	

THB JULY BIRTHDAYS

July 2 **RICHARD FLORES**, 32
 July 3 **LOIS ALLAN**, 83
 July 8 **RICH MINTER**, 53
 July 11 **JEFF HACKLEY**, 37
 July 11 **DARBY SITTER**, 62

July 20 **CHAD TAGGARD**, 41
 July 25 **WILLIAM MARVEL**, 60
 July 29 **RACHEL SKOSS**, 37
 July 29 **LESLIE WINTON**, 51

Volunteers Sizzle at THB Long Course Meet by Jim Butler

The THB June 4 LCM meet was a success for a lot of reasons. Turnout was good. Swimmers had fun. Some fast times were posted. Some new swimmers got a taste of competition. Everything went pretty smoothly. But the biggest single factor in having a successful meet is the work of a lot of volunteers.

Some volunteer jobs are fun. Some not so much. And others are down right boring. But all are critical to the meet and we really appreciate the great job our volunteers do. Not all swimmers, especially new swimmers, are aware of all that goes on behind the scenes though. So here is a little run down for you.

Meet Director

Probably the toughest job, but most rewarding when everything goes right. This person works on promotion, recruiting all the other volunteers, making sure USMS rules are followed, swimmer entries, heat sheet preparation and results publication just to name a few things. (Rachel has done a great job for us, but with her return to Australia, we need a new person to step into this role.)

Meet Announcer

The voice of the Barracudas for the meet. Actually, for all swimmers. This person has a great view from the scorer table above the deck. This person announces heats, calls for timer volunteers, announces swimmers who are racing, and provide the spectators and swimmers with important general information throughout the meet.

Referee

The head official for the meet. This person has the final say on any rules violation decision. This involves things like disqualification observations by the turn and stroke judges, assessment of heat line-up or start infractions, making sure all the lane markers are at the correct distances and so on. And the referee is the person who officially determines the heat is ready and turns it over to the starter

Turn and Stroke Judges

These people make sure all the swimmers are using legal strokes and making legal turns as per official USMS rules designations.

Safety Marshals

These people are required by USMS sanctioning to ensure a safe environment is maintained by and for all swimmers and spectators. They make sure all the rowdy masters swimmers are not jumping the spectator fences, diving head first in the pool at warm up, running on the deck, or swinging from the lane flags.

Set-up and Tear Down Crews

Without these folks, there would be no meet. They come in the night before to set up all the lane lines, start blocks, timing system and anything else that needs to be done to prepare the pool for the meet. Then after the meet, they restore everything back to recreational mode. When there are enough people, it is fun, pretty easy and fairly quick, often followed by sharing in some refreshments and talk. When there are not enough people, it can get to be a long evening. So when the next meet comes around, help make it a fun time!

Hospitality

These fine people make sure all the other meet volunteers, coaches, and guest clubs feel welcome with snacks, beverages and helpful information.

Official Scorer

Without this person, there would not be much incentive to swim in a swim meet as we wouldn't know how anyone did! This person runs the computers that collect the times, determine swimmer places by age groups and print the results. An important and sometimes stressful job, especially if things aren't working exactly right!

Timers

The people we all love to talk to when we swim fast, and avoid when we don't! These people work the stop watches, click the electronic plungers, write down the times, make sure swimmers are in the right lane and heat, etc. And they are mostly friends, relatives and fellow swimmers who often step in at the last minute then end up working the whole meet.

Head Timer

Prepares all the timing gear, distributes heat sheets, watches, chairs, pencils to all the timers, makes sure the required number of timers are in each lane, recruits fill in timers when some one has to leave, and runs two

extra watches in case some one misses a start. This is actually a pretty fun job as this person can move around from lane to lane, even up and down the pool to watch fellow swimmers, or favorite swimmers while doing the job.

Starter

“Swimmers to your mark,” BEEP!! Need I say more.

So, now you all know what needs to be done. All that remains is to follow the advice of our good Nike friends and “Just Do It!”

THE YOUNGEST VOLUNTEER



Richard Butler, Thunderbolt Swimmer and Barracuda timer.

We see all kinds of people helping out at our swim meets and appreciate all of their efforts. But when I spotted 10 year Thunderbolt, Richard Butler holding a stopwatch and a handful of heat sheets, I thought that was worth at least an interview.

JLB: “Hello, Richard. How did you end up working at this meet?”

JLB: “How about timing. What’s that all about?”

RSB: “I volunteered. My Dad had this swim meet and I didn’t have anything else to do. I thought it would be fun!”

RSB: “You see there’s this plunger and a stopwatch you have to use together. When the starter tells swimmers to take their mark, you stare at that light over there and push the button as soon as you see the light. At the finish you have to push the plunger and the watch when they touch the wall. Sometimes the swimmer wants to know how fast they swam so you tell them and tell the other timer to write it down,”

JLB: “What duties did you volunteer for?”

RSB: “I wanted to be a timer, but they asked me to be a runner. So I did both,”

JLB: “What does a runner do?”

JLB: “Sounds complicated,”

RSB: “Well, when the swimmers finish, the timers have to write the times on these heat sheets. Then I have to go to each lane and grab them to take up the ladder to the announcer,”

RSB: “You get used to it after a couple of times. But sometimes the starter doesn’t wait until you’re ready. I don’t know why they do that. I almost missed one start!”

JLB: “Is that an important job?”

JLB: “So how do you feel about your experience?”

RSB: “It’s a lot of responsibility,”

RSB: "It's very stressful doing both jobs. But it was fun,"

JLB: "Was there anything about watching the Masters Swimmers that surprised you?"

RSB: "I was surprised there were so many people who are faster than me. I even saw a person 91 years old who can still swim!"

JLB: "Would you volunteer again?"

RSB: "Yes, if I have time. I have my own swim meets and lots of homework to do. And tennis lessons and Tae Kwon Do. And sometimes I just need a break,"

Notes From the Board Meeting by Jim Butler

The June board meeting had some topics and results that might interest the general membership.

In The Pool

The May revenues for coached swimming exceeded expenses for the first time this year, and that is great news for everybody. That is where we need to be to sustain the great swimming services everyone enjoys! And the number of paying swimmers in May was 89, the highest number in the last 5 years, possibly ever. In fact, every month this year has been a record month for participating swimmers. The word is spreading about the Barracudas!

Membership Drive

We have room for more and membership activities are ramping up. New brochures have been printed and will be distributed soon. If you have an idea where to put some, or would like some to put somewhere, just let membership chair, James Butler, know. jamesbutler@comcast.net. We also have a few THB posters that can be put up somewhere. And poolmate articles about the Barracuda activities are appearing monthly in the Thunderbolt newsletter. I have had some good feedback on them so far.

The Barracudas will be participating in the Tualatin Hills Fall Activities fair on 9/22. We will have a display table with OMS and THB info. and some pool side activities. Anyone interested in helping out, just let me or anyone on the board know.

Social Activities

Linda is putting a new social calendar

together as well. It looks like the general membership meeting will be the last Sunday in August. Linda will get the details out shortly. And I am checking to see who might be interested in getting together for some golf. It could be just a few of us picking a day to meet somewhere, or setting a date, like the morning of the general meeting, to get together for a scramble. Just drop me an email if you are interested at all, and I will take it from there, or not, based on response. (Yes, I like golf, but am a duffer.)

Board Vacancies, Nominations, Elections

We currently have some important board positions being vacated by people who are moving on after providing great service to the club. Volunteers are needed. Members are also welcome to express an interest in or run for positions that are currently filled as well. And any member is welcome to come to board meetings and/or assist any board member in any position anytime. It is a good way to

to find out what goes on before making a full commitment. (That is how I got involved, with a bit of encouragement from coach Jon. You would think I'd get a break on butterfly sets now and then wouldn't you?)

Vacancies

Meet Director – vacant in August
Historian – vacant at end of year

Announcements

Annual THB General Meeting and BBQ:

Sunday August 28th 4:00PM. Mark your calendar and get full information in the August Newsletter!

A THB get together to say Goodbye to THB a friend:

Saturday Evening August 6th at a Pub to be named!

Join the THB and say **Thank You to Rachel Skoss** for all of the hard work and great times she has brought the THB.

Time to nominate the THB volunteer of the year!

Each year we celebrate a super contributor with our

Pat Caudill Award. Please send your nominations and a brief description of the reasons to Rich Minter: rich.minter@intel.com

THB needs to fill some board positions:

Please come join the THB administration. There are a few positions that need to be filled due to people leaving or retiring from the position:

- 1. Treasurer:** Talk to one of the board members about this position. The THB treasurer will receive monthly coaching fee re-imbusement.
- 2. Meet Director:** There are two traditional THB meets annually. We have our Pentathlon and Long Course Meters Meets
- 3. Historian:** Lois Allen wants to pass the baton on after so many years.

Or - Any position that you would enjoy working with

the THB administration. All positions are up for elections at the Annual General Membership Meeting on August 28th.

Open Water Pictures



Kermit, Jim and Dave at Hagg Lake



Congratulations to Jennifer Alden for winning the Foster Lake 1000 yd. swim!

Tualatin Hills Barracudas
15707 SW Walker Road
Beaverton, OR 97006

Masters Swimming since 1981

Pool Meets

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

Open Water

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>