



BARRACUDA BULLETIN

Message from the President:



It feels like we are coming into some great times! (That would be our swimming times at the Worlds...) Our team is energized and we are heading into the best of our swimming year. There are some things changing and some things that never change. We have several new board members that are bringing new energy to our administration. We have a few members that are changing roles and continue to be the heart of our team.

The THB can not say *THANK YOU* enough to Kristine Morescalchi. For many years Kristine has administered our annual February Fitness Challenge. Not only has this been responsible for untold hours of swimming exercise around the world, the FFC has been a great revenue boon to our team. Because of family reasons, at least for a while, Kristine is stepping aside from this duty. Dave Radcliff has offered to take the task this year and is looking forward to leading the great participation that comes from the team.

Our new treasurer, Jennifer Flores is getting a handle on the work. Darlene Staley remains active with the team and will be tracking our coached swimmers. Let's all be sure to stay current to help Darlene and Jennifer with their work.

There are more new and re-enlisted THB team helpers to talk about. Look for more information in the next newsletters. Be sure to come to our Holiday Party and get the latest news.

I could not close this message without again saying WOW and Thank You to our wonderful coaching staff. Could it get any better? Actually it will. The Worlds are coming to our side of the country next August. This is a once in a lifetime event. Join our coaches and team as we build to make this a super THB (and OMS) event.

Ask not what our team can do for you, ask how can you best enjoy the THB spirit.
(and let us know)

Thank you,
Rich Minter.

HOLIDAY PARTY

Please bring your holiday spirit to the Barracudas Holiday Party! Join us for breakfast and to celebrate on Saturday, December 3rd following the 7:30a.m. workout swim.

Please RSVP, 503-244-8523
Location: Linda McGill's house
5457 SW Martha Terrace, Portland

Starting from: T-Hills Pool, 15707 Sw BEAVERTON Walker Rd, Beaverton, OR 97006-5941

Arriving at: Linda's Home, 5457 Sw Martha Ter, Portland, OR 97239-1173

Directions

1. Start at 15707 SW WALKER RD, - go East 2.7 mi
2. Turn Right onto OR-217 SOUTH - go 0.4 mi
3. Take exit #2A/OR-8/OR-10 toward BEAVERTON - go South 0.5 mi
4. Turn Left on SW BEAVERTON-HILLSDALE HWY - go 4.3 mi
(After exit from HWY 217, go through the street light at SW Canyon Rd (HWY 8) before turning left on SW BEAVERTON-HILLSDALE HWY)
5. Turn Left on SW DOSCH RD - go 0.2 mi
6. Turn Left on SW DOSCHDALE DR - go 0.1 mi
7. Turn Left on SW MARTHA TER - go 0.1 mi
8. Arrive at 5457 SW MARTHA TER,





Barracudas Dave Radcliff and Alison Moore Win at Freestyle Pentathlon

Congratulations to Dave Radcliffe and Alison Moore. Both won their age groups at the freestyle Pentathlon in Redmond on October 29th.

1 Women 35-39 Moore, Alison total time 21:55.14

100 free 1:15.01
800 free 11:38.29
200 free 2:45.13
50 free 36.19
400 free 5:40.52

1 Men 70-74 Radcliff, David total time 21:14.29

100 free 1:08.46
800 free 11:27.62
200 free 2:34.81
50 free 30.64
400 free 5:32.76

NOVEMBER BIRTHDAYS

November 4	Ginny Ross, 46
November 7	Tina Wong, 54
	Gracie Goddard, 46
November 9	Kristine Rotan, 35
November 11	Krista Berriault, 27
November 12	Roy Lambert, 59
November 25	Heather Vliet, 30
November 26	Jason Au, 37
November 27	Nancy Helget, 57
November 28	Richard Kieburz, 72

November 30 Christina Parson, 30

MARATHON CONGRATULATIONS

Congratulations to three Barracudas who successfully completed the Portland Marathon on October 9th. Hats off to all of you!

Lizbeth Fuller

Anna Casey

Leslie Winton

FFC, Pentathlon, The Worlds and Beyond

By Jim Butler

The new season is upon us with the usual challenges and opportunities coming up and perhaps a once in a lifetime shot for some. There will be something for everyone from just getting recognition for all those yards we pile up in workouts to proving you can swim every stroke without a DQ to seeing how you stack up against the best in the world.

Planning and promotion for our annual February Fitness Challenge is beginning, and Dave Radcliff has stepped up to be new director for this year as Christine has another major event to manage that month, and for awhile after! But she is helping with the planning now and will stay involved as long as she can. And that is great news as she has done an outstanding job over the years and will be welcome to take over again anytime she wants! We expect to have more international swimmers this year as the U.K masters organization has expressed an interest in promoting it there and Rachel is promoting it in Australia. We are also looking at more and better ways to promote it in the USA, such as contacting YMCAs about it. The goal is simple. Make it the biggest and best FFC ever! If you have any other promotional ideas, let us know.

The date is set for the other annual winter event, the Barracuda Pentathlon. It is March 11, 2005 right here in our home pool. With a new meet director in place, a new volunteer group to share the many tasks of putting on a pool event, and a host of new team members, we think this could be the biggest Barracuda Pentathlon ever as well. A large turnout from our team would play a big part in making that happen. The sprint set is only 50s in each stroke and it is all about personal achievements, so why not give it a whirl? Speaking from personal experience, you do not have to be very good at all the strokes to enjoy participating in the meet. (Or at any of them for that matter!) And the more people in the club that drop in, the more fun it will be. Besides, it is a great way to set personal benchmarks in each stroke! Plus it is a great opportunity for a team warm-up for the trip to Corvallis in April to defend our Association Championship, which will not be easy with COMA gunning for us!

That brings us to the once in a life time area. The 2006 XI FINA World Masters Championships will be held at the Stanford University Avery Aquatic Center. The meet will begin Friday, August 4, 2006 with swimming and water polo and conclude Thursday, August 17, 2006 with synchronized swimming. (Pool events are from August 4 to August 10) Opening Ceremonies will take place on Thursday, August 3, 2006. More than 8,000 world-class adult athletes, ages 25 years and older, from over 60 countries will converge upon the Bay Area to compete in the world's largest competitive aquatic meet. **This is the first time the Championships are coming to the Americas since 1996!!**

The Barracuda President, Rich Minter has suggested to the board that the Barracudas establish some team goals related to this event. One would be to see how many swimmers we can get qualified for an event at the worlds. (Qualifying would be a kick whether you actually went or not!)

Another would be to get as many swimmers there as we can. And Dave Radcliff has reported that OMS will send 2 coaches if 40 or more OMS swimmers attend!

So why talk about this now when the meet is next August? Well, Rich has figured a third of our club already has qualifying times for the worlds, and perhaps as much as another third has a reasonable shot at one. Which means the Barracudas could technically meet the OMS 40 entries all by ourselves!

See the time standards at

http://www.2006finamasters.org/documents/Standard_Entry_TimesSF.pdf

I have also posted them on our pool bulletin board and have put a hardcopy of our club records there as well.

If you want to see how your SCM or SCY time compares to the LCM standard, a time conversion tool is available for public use at the following link.

<http://www.thillsswimming.com/time-conversion-tool.html>

I do not know the rules and deadlines for making the cut as yet, but will find out. (IE: are converted times acceptable or not?)

The members who want to take a shot at it will have a much better chance by setting up a strategy now. Coaches can help with workout plans and certain meets can be targeted as milestones for progress. For example the SCM Zones next month at David Douglas would be a great opportunity to put a stake in the ground as a starting point. The February Fitness Challenge can make the winter build cycle more interesting. The March Pentathlon can be a good progress check. The April Association Meet can be a great team warm-up. And the June Barracuda LCM summer sizzler could be the last chance meet to qualify, or improve seed times. (We are checking on the deadline for entry in the World Games to make sure the June meet will be before that.) What a plan, eh!

And there are other things we can do to help encourage swimmers who are taking on the task. We can list all the qualifiers in our monthly newsletters, highlighting everyone who reaches the goal in the previous month. We could even look into the cost of making special logo polo shirts available to order to mark the achievement. Something like this perhaps?



So how about it? Want to go for the world? I will be happy to take your comments and present them to the THB Board meeting!

jameslbutler@comcast.net



Stanford's Avery Aquatic Center

POOLMATES

By James Butler
Membership Chair

Thunderbolts smash pumpkins, records and introduce newcomers

Well the kids next door wasted no time getting back into the swim of things setting 12 new club records in the very first meet of the season, the Thunderbolt Fall Open. But it was not just the swimmers getting warmed up for the season. With all age groups competing over a 3 day venue, the parents and coaches were working out the kinks of running a big meet as well. It took 259 volunteers plus the volunteer timers and meet directors to get from set-up through take-down. Think we have trouble finding officials for our meets? This one used 83 of them! I believe there were times we had more non-swimmers on the pool deck than in the stands.

But it was not all hard work and no play for the kids and parents. A week later we all gathered at Sunset lanes for the annual Thunderbolt Halloween Party with the kids, most coaches and some parents in full costume in a large, crowded, dark space. A Barracuda was rumored to be instructing an apprentice Thunderbolt in the proper use of 'The Force' to get an 'A' time in the next meet. (And it worked!) At the end, the coaches had the challenge of awarding prizes to the best costumes in each age group. At least one coach was heard mumbling something about this subjective scoring method not being nearly as good as a stop watch. (Obviously not a diving coach!)

But it wasn't over yet! Sunday morning, very early, especially for those parents who forgot to set their clocks back, the Howlin Halloween Mini-Meet kicked off for the TAG, JAG and brand new Olympic Way swimmers. Over 150 swimmers raced in a mixed age group venue in less than 3 hours! And it was really a fun, but challenging meet to watch and run. There was everything from heats of 6 year olds false starting on the referee's whistle to one Thunderbolt swimming a Top 16 in the Nation qualifying time! It is not often all the TAG, JAG and Olympic Way swimmers get to actually watch each other swim and they seemed to enjoy it. There were lots of brothers, sisters and team mates in different groups cheering each other on from poolside while hectic parents were trying to keep the little kids lined up in the bullpen.

New Nike full body suits (Combat Models)



UK Joins February Fitness Challenge

Our membership chair, Jim Butler, received this communication from Great Britain.

James

Many thanks for your email and its various attachments. I have passed the message on to my colleagues who deal with our publicity with the intention that they should give the Fitness Challenge a bit of a boost. Indoor winter swimming in GB does not lend itself to massive distances, which seem to be the norm in Ventura County, but some of us will have a crack at a more modest total.

We can only encourage, not indulge in a massive publicity campaign, but hopefully a few of our swimming friends will see the light and take part.

Regards

Andy Wilson

Tualatin Hills Barracudas
15707 SW Walker Road
Beaverton, OR 97006

Masters Swimming since 1981

Pool Meets

November 19-20 NW Zone SCM Championships, Portland, OR

January 21, 2006 4th Annual Animal Masters Meet, Canby OR

March 11, 2006 THB Pentathlon, Tualatin Hills, OR

Postal Championships 2005

May 15 – Sept. 15 5K/10K Postal Championship

Sept. 15 – Nov. 15 3000/6000 Postal Championship

Web resources

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