



BARRACUDA BULLETIN

Message from the President:



Special THANK YOU! to Linda McGill for hosting the THB Holiday Party. Her home and party preparations were stunningly beautiful. The party was Very Enjoyable. We also enjoyed all of the great food and beverages brought by several THB helpers. (This included Jim's Cinnamon Rolls of course!) All of it was Fabulous! We were especially honored with the presence of long loved THB Judy Melcher. All of it was Fabulous! Too many people and helpers to name them all, but thank you for making the morning special. We all missed Coach Jon and send our love and care. Jon, we owe you a nice one!

The THB administration is in the process of making some changes to streamline our work and make participation easier for those valiant THB's that make this team work so well. We all will receive a notice of some proposed bylaw updates that reflect some of these changes. Look for this soon.

One item of special note: If you have accounting experience and want to consider helping the THB team as Treasurer, please contact me or another board member very soon.

Remember to send news ideas and articles to Nancy. We really appreciate the nice work she is doing to produce the newsletter and want to help provide plenty of good material that she can publish for all of our benefit.

Check the notes in this newsletter for some **seasonal pool closures** - December and January. Happy Holidays to all of the THB, with great expectations for an active and good new THB year,

Rich.



Party at Linda's House



The pre-party workout

NOTICE OF POOL CLOSURES

Pool Closures and cancelled Practices:

Friday December 9th – Morning Practice Only.
Pool Closed for mid-day and evening practice

Cancelled evening practices:

Friday Dec 23rd (shopping time!)
Monday Dec 26th (Holiday)
Friday Dec 30th (Please drive safely)
Monday Jan 2nd (Holiday)

Jan 4th, 5th, 6th POOL CLOSED FOR MAINTENANCE.

NW ZONE CHAMPIONSHIP MEET RESULTS

November 19 - 20

Staley, Darlene, 55

1st 800 SCM Freestyle 12:58.60
1st 1500 SCM Freestyle 24:58.60
2nd 200 SCM Backstroke 3:24.15
3rd 200 SCM Breaststroke 4:03.79
2nd 200 SCM Butterfly 3:38.90
1st 400 SCM IM 7:08.22

Kawabata, Gerry, 71

1st 50 SCM Freestyle 52.34
1st 100 SCM Freestyle 2:01.80
1st 200 SCM Freestyle 4:19.94
1st 50 SCM Backstroke 1:04.70
1st 100 SCM Backstroke 2:24.27
1st 50 SCM Breaststroke 1:21.61
1st 50 SCM Butterfly 1:16.59

Stevenin, Elfie, 84

1st 200 SCM Backstroke 7:26.34
1st 50 SCM Butterfly 2:24.98
1st 100 SCM Butterfly 6:18.40
1st 400 SCM IM 19:13.56

Cleary, Kevin, 22

1st 200 SCM Freestyle 2:20.05
1st 400 SCM Freestyle 5:14.12
1st 50 SCM Butterfly 31:41
1st 100 SCM IM 1:13.62

Mirho, Charles, 41

2nd 100 SCM Freestyle 1:01.48
1st 800 SCM Freestyle 11:02.21
3rd 50 SCM Breaststroke 35.63

Ramsey, Ed, 49

1st 800 SCM Freestyle 10:49.32
3rd 100 SCM Backstroke 1:16.81
4th 100 SCM IM 1:16.28

Yensen, Kermit, 52

3rd 50 SCM Freestyle 30.05
2nd 800 SCM Freestyle 11:20.21
2nd 200 SCM Backstroke 3:01.03
4th 200 SCM Butterfly 2:56.17
1st 400 SCM IM 6:10.61

Cronin, Jed, 57

3rd 1500 SCM Freestyle 21:52.47
1st 50 SCM Butterfly 33.48
1st 100 SCM Butterfly 1:20.25

Reuff, Dan, 58

3rd 200 SCM Backstroke 3:05.71
2nd 50 SCM Butterfly 34.85
2nd 100 SCM Butterfly 1:26.29
1st 400 SCM IM 6:25.44

Stout, Jon, 59

1st 50 SCM Freestyle 30.06
1st 200 SCM Freestyle 2:40.84

THB DECEMBER BIRTHDAYS

December 3	Jim Teisher, 56	December 16	Phil Topness, 33
December 4	John Collins, 54	December 17	Jon SchieltZ, 67
December 6	John Cwiklinski, 50		Linnea Alvord, 36
	Clint Ebert, 46	December 18	Steve Griffin, 37
December 8	Kristi Panayotoff, 57		Tim Nuckolls, 51
December 12	Clint Walker, 31	December 21	Paul Bourgeois, 51
	James Butler, 53		Jeanne Zoppo, 23
		December 30	Lizbeth Fuller, 52

27 Barracuda Club Records Fall at Zones!

By Jim Butler

Before we get to the zones, let's congratulate Alison Moore on her club record swim in the 800 free of 11:38.29 at Bend on 10/29/05!

Okay, fast forward to 11/18 -11/19. With many of the club's usual record setters not attending the SCM zone meet in November, one would expect some skimpy pickings when looking for record breaking times. One would be wrong! The Barracudas who swam the zones picked their races well, swam them well and forced a reprint of 8 pages of the pool hardcopy records!!

The top pace setter was **Geraldine Kawabata** with six new club records. But she just took top honors as **Darlene Staley** established 5 new benchmarks while **Kevin Cleary** and **Kermit Yensen** added 4 new records each to their growing list in the records book. And let's not take anything away from the efforts of **Ed Ramsey** and **Dan Rueff** who added 2 more records each to their extensive presence in the record books. More times than not (no pun intended) they are up against their own records set when they were a little younger! And the same can be said of **Jon Stout**, **Jed Cronin** and **Elfie Stevenin** who added one more record each to their long lists. Then there's **Charles Mirho** who skillfully found a spot to leave his mark among the many great times left behind by some of the previously mentioned swimmers.

Boy, 28 club records in two meets with only a handful of Barracudas swimming. What is it going to be like when the whole crew shows up for the Pentathlon and the Association meet?! Looks like a busy season for the record keeper.

Short Course Meters: 19-24 age group

Men's Records

200 free	2:20.05 Kevin Cleary, 11/05
400 free	5:14.12 Kevin Cleary, 11/05
50 fly	31.41 Kevin Cleary, 11/05
100 IM	1:13.62 Kevin Cleary, 11/05

Short Course Meters: 35-39 age group

Women's Records

800 free	11:38.29 Alison Moore, 10/05
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Short Course Meters: 40-44 age group

Men's Records

50 breast	35.63 Charles Mirho, 11/05
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Short Course Meters: 45-49 age group**Men's Records**

100 back	1:16.81 Ed Ramsey, 11/05
100 IM	1:16.28 Ed Ramsey, 11/05

Short Course Meters: 50-54 age group**Men's Records**

800 free	11:20.21 Kermit Yensen, 11/05
200 back	3:01.03 Kermit Yensen, 11/05
200 fly	2:56.17 Kermit Yensen, 11/05
400 IM	6:10.61 Kermit Yensen, 11/05

Short Course Meters: 55-59 age group**Women's Records**

200 back	3:24.15 Darlene Staley, 11/05
1500 free	24:58.60 Darlene Staley, 11/05
200 breast	4:03.79 Darlene Staley, 11/05
200 fly	3:38.90 Darlene Staley, 11/05
400 IM	7:08.22 Darlene Staley, 11/05

Men's Records

200 Free	2:40.84 Jon Stout, 11/05
1500 Free	21:52.47 Jed Cronin, 11/05
200 Back	3:05.71 Daniel Rueff, 11/05
400 IM	6:25.44 Daniel Rueff, 11/05

Short Course Meters: 70-74 age group**Women's Records**

50 free	52.34 Geraldine Kawabata, 11/05
100 free	2:01.80 Geraldine Kawabata, 11/05
200 free	4:19.94 Geraldine Kawabata, 11/05
50 back	1:04.70 Geraldine Kawabata, 11/05
100 back	2:24.27 Geraldine Kawabata, 11/05
50 fly	1:16.59 Geraldine Kawabata, 11/05

Short Course Meters: 80-84 age group**Women's Records**

50 fly	2:24.98 Elfie Stevenin, 11/05
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The New Morning Practice Flip Flop

By Jim Butler

So you have not been to a Tuesday or Thursday morning workout recently? Well you may find yourself a bit disoriented, out of place or just plain confused when you walk into the pool! First, if you are a little late, you may notice the kids are lining up in between the diving boards instead of on the bulkhead. As you walk by the kids, you notice the Barracuda lanes look strangely

empty. You are wondering if maybe it is actually Saturday morning or something. Then you see Coach Jon waving his arms at you from the bulkhead with all the Barracuda swimmers and their gear around him. He is telling you to put your swim gear on the bulkhead! What the heck is going on?!

Well, he is the coach so you do as requested and drop your gear on the bulkhead and jump in to do your warm up. Now that you are swimming, everything is fine, except for wanting to stop at the wrong end all the time. Now you are hanging on the lane line waiting for the first set when Coach Jon calls out several names including yours and tells you to get out of the water! Now what! But he is the coach, so you get out. Then he tells you and your companions to jump in the first 25 SCY lane on the other side of the bulkhead! The next thing you know you have an elastic cord around your waist and are trying to swim over a mirror and watch yourself while holding your position. This is harder than walking and chewing gum at the same time, which you have never mastered either. Finally, you can not stand it anymore and just try to stand up, forgetting there is a taught elastic cord around your waist which promptly pulls you back down.

“Coach, what the heck happened to the 16 100 IMs on 2:10 workouts on IM Tuesdays?!”

Then Coach Jon realizes you have not been around in awhile and explains.

The Barracudas and the Thunderbolts worked out a lane swap program for Tuesdays and Thursdays. The kids get an extra SCM lane so they can all swim together and the Barracudas get the 25 SCY lane next to the bulkhead to use our new mirror, practice turns and do special break out sessions for stroke instruction. The first few sessions have been enjoyable, productive and are becoming increasingly popular. It's not just IMs on Tuesday and Thursday anymore! So drop in and check it out.

Barracuda XI FINA World Masters Qualifiers

Here is a starting list of Barracuda club members who have at least one qualifying time (straight LCM or converted SCM/SCY) in the last year for the XI FINA World Masters meet being held at Stanford August 2006. This list was put together from published meet times and Barracuda club records. It may not be complete, so if your name should be on it, or you know a name that should be on it, send it to jamselbutler@comcast.net and it will be added.

This does not mean everyone on this list is going or wants to go, just that they could. At a minimum it shows we have a lot of mighty fine swimmers in our club! (No wonder it is so hard to get out of the 'slow lane' in the morning practices!) This list will be published every month with special notation to any new qualifiers for the month.

WOMEN

Jennifer Alden
Alison Moore
Darlene Staley
Geraldine Kawabata
Barbara Frid
Trista Hedlind
Rachel Skoss
Laurie Kilbourn
Peggy Toole

MEN

Dave Radcliff
Charles Mirho
Brad Cota
Curtis Taylor
Sean Swain
Ed Ramsey
Kermit Yensen
Jed Cronin
Daniel Rueff
Andrew Holden
Douglas Christensen
Nathan Johnsen
Brian August

Kennedy Price
Jeff Hackley
Kelly Hibler
Steve Griffin
Andrei Karyukin
Kurt Kopp
Theodore Brunner
Kevin Roney
Jon Stout
Gary Wallis
Roy Lambert

Tualatin Hills Barracudas
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Masters Swimming since 1981

Pool Meets

January 21 Animal Meet, Canby, OR.
March 11 Pentathlon THB
April 21-23 SCY Association Meet, Corvallis, OR.

Postal Championships

One Hour Swim Jan. 1-31

Web resources

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