



BARRACUDA BULLETIN

Message from the President:



We are very pleased to introduce two new Coaches: Sarah Wald and Nina Munch

Nina is now coaching Thursday and Friday evenings and Sarah is now coaching our Tuesday and Thursday midday practices. Both Sarah and Nina bring great experience and great adult swimmer communication skills to our practices. Check out their practices as soon as you can. It will be a joy! Read more about Sarah in this newsletter and look for more about Nina in the next newsletter.

And... a Special Note of Appreciation to all of our coaching staff. We enjoy every practice!

Mornings:	Jon (Lead Coach and Great activity coordinator)
Midday Mon, Wed, Fri:	Laurie
Midday Tues, Thurs:	Sarah
Evening Mon, Wed:	Jennifer (Jen)
Evening Tues:	Eric
Evening Thurs, Fri:	Nina

We extend a special welcome to our **new board members, Vice President Darlene Staley and Treasurer Kermit Yensen.**

At our February board meeting we approved the proposed **By-Law updates** which allow two changes in operations:

1. The Board can conduct THB business on scheduled meeting days with fewer board members present than previously required.
2. Recognizing the large amount of work involved with the volunteer position of THB Treasurer, the By-Laws now allow for providing swimming fees for our Treasurer.

As of this writing, THB very long time friend Darlene Staley is recovering from a medical procedure. We all wish her a speedy recovery and a rapid return to the pool.

Announcing a Rescheduled Swim Clinic Sunday March 19th, 7:00 AM to 9:00 AM. Practice Starts and Turns. Get Stroke and workout pointers or just swim!

Thank you,

Rich MInter

Pentathlon Volunteers Needed

Thanks to the efforts of our Meet Director, Jeanne Teisher, the Pentathlon is coming along and promises to be a good swim meet.

We will be setting up for the meet on Friday, March 10th at 9:00 pm. Think about coming to the evening practice and staying around afterwards to help with the set up. The more folks we have, the quicker set up goes.

We also need volunteers the day of the meet, especially Safety Marshals. Volunteers should plan on arriving a little before 8:00 am when warm-ups start. We anticipate the meet will be over around 2:00 pm.

Your help is vital to THB putting on a successful swim meet and much appreciated. If you're able to volunteer, please contact Jeanne Teisher (503) 574-4557 jteisher97007@yahoo.com or Peggy Toole toole@nwlinc.com.

Thank you!

Reasons To Compete

Last month I invited all of you to join us at the Association Meet. I know for some new swimmers there is a certain hesitancy about competing in a meet. Here, reprinted from the PNA Newsletter, is a list of 28 reasons why you should give a meet a try. I recommend that you make your first meet the Association Meet. Hope to see you there. **Dave Radcliff**

Reasons Why You Should Compete in a Swim Meet Twenty-Eight — Count 'Em

Many PNA swimmers have never competed in a meet or do so only infrequently. That's a shame, because there are many reasons to compete regularly. In fact, Lee Carlson, PNA's meets chair, has identified 28 reasons to take the plunge. Here they are:

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| <ul style="list-style-type: none"> • Savor the experience • Challenge yourself • Support your teammates • Meet new friends • Renew old friendships • Collect on a bet or dare • Get the adrenalin going • Swim a new event • Swim a different distance • Swim a new stroke • See if you can keep your goggles on at the start • Swim the race smartly • Execute the stroke smoothly • Measure your conditioning program • Cheer for swimmers you know • Have your kids or grandkids come and watch you for a change • See if you can establish a | <ul style="list-style-type: none"> personal best time • See if you come close to a best time • See if you are maintaining your times • Hold your best pace for a 400, 500 or longer • Find out what a negative split is • Feel the sheer joy of it • Honor those swimmers who keep swimming year after year and serve as an inspiration for us all • Feel the pain stop at the end of the race • Enjoy the warm-down after the event • Choose your favorite food and beverage afterward without feeling guilty • Enjoy the fellowship with your teammates |
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MEET THE NEW NOON TIME COACH – SARAH WALD

by Jon Schieltz

Sarah Wald is our new Tuesday and Thursday noon time coach. She was born in Chicago, IL but moved to Boulder, CO at a very young age. She has a twin brother, Scott, who still lives in Colorado, as do her parents.

Her mother wanted to make sure that her children could swim and enrolled them in swim lessons. After they had taken all the lessons offered, her mother still wanted to make sure Sarah and her brother could swim well and had them join an Age Group swim team in Boulder. Sarah admits she was not a good swimmer until she also joined a synchro swim club at age 10, which improved her swimming skills. She continued to swim with her Age Group swim club through high school. Her time with the Syncho team provided her with the excitement of going to Jr. Nationals and Sr. Nationals.

Common to many high school senior swimmers, they get burned out and decide not to swim anymore. In addition, it is a time in their life they decide to leave home, not wanting to attend in-state universities. Sarah followed this route. She was not interested in swimming and decided to leave Colorado, the University of Colorado was too big to suit her. She chose the University of Oregon, since it was the only non swimming school she applied to and it offered a degree in

human physiology. She liked the idea of attending a smaller school and the small town atmosphere Eugene offered.

Her time out of the water was short lived. A sorority friend invited her to try out for water polo. Since she was a good swimmer she made the team and played all 4 years of her college career.

After she graduated from the University of Oregon with a degree in human physiology, she got a position in sales in Portland, leaving her fiancée, Nik to finish school at the U of O. Disliking the sales job, Sarah decided to return home to Boulder and live with her parents. She got a job as a coach with the Age Group team she originally she swam for.

Sarah and her fiancée decided to marry and stay in Colorado. Two weeks before her wedding, her fiancée was hired by the Portland Trailblazers. She was married in Colorado and the trip back to Oregon was their honeymoon vacation. When they returned to Portland, Sarah only knew of the 50 meter pool and ultimately joined THB. While swimming with THB, Alex Grendon, who was coaching both the Thunderbolts and the Tualatin Hills Barracudas, asked her if she needed a job. This led to a position with the Thunderbolts as the coach for the Olympic Way and Junior Age Group swim teams.

After Eric Askerman left coaching the Tuesday and Thursday noon practices, the THB Board hired Sarah to replace him. At present she is going to school at PCC in nursing and hopes to make a career in nursing.

Please welcome Sarah as one of our new coaches. She is energetic and eager to improve all of us noon swimmers.

RECIPE OF THE MONTH

From Anna Casey

Pumpkin Muffins

1 1/2 cups pumpkin puree, not pie filling	1 cup quick or old-fashioned oatmeal, uncooked
1 cup honey	1/2 cup chopped walnuts
1/2 cup vegetable oil (can substitute applesauce)	4 teaspoons baking powder
2 eggs	1 1/2 teaspoons salt
2 1/2 cups flour (can substitute whole-wheat pastry flour)	1 1/4 teaspoons ground cinnamon
	1 teaspoon ground cloves

Heat oven to 375 degrees.

Combine pumpkin, honey, oil, and eggs in a large bowl. Mix well. Add flour, oatmeal, walnuts, baking powder, salt, and spices. Mix just until dry ingredients are moistened.

Fill 18 greased or paper-lined medium muffin cups three-quarters full. Bake about 20 minutes or until wooden pick inserted in center comes out clean. Makes 18 muffins.

These muffins are very nutritious. They are full of beta carotene, an anti-oxidant from the pumpkin. Omega-3 oil is found in the walnuts. Whole grains come from the flour and oats. The muffins are also high in fiber which is found in the pumpkin and whole grains. Enjoy!

AND IF YOU NEED A GOAL...

Board member Jon Schieltz thought we all might take inspiration from the following. It is a reprint from part of an article that appeared in *Swimming World* magazine, February, 2006, Vol. 47, No. 2. The article was by Phil Whitten and is reprinted here with permission from the magazine.

The title of the article is "The Top 10 Most Amazing Swims in Men's Collegiate Swimming. Jon chose the #1 swim from the article. Jon states: "As a 55-60 sec 50 yd swimmer, this just amazes me, how do they do it??"

#1 Fred Bousquet

FRED BOUSQUET CLOCKS 18.74 FOR THE 50 YARD FREE

Some of the purists won't like it. And, yes, we may see things a bit differently looking back a few years from now. But for our money, the 18.74 swum by Auburn's Fred Bousquet at the 2005 NCAA Division I Championships deserves to be recognized as the single greatest swim in collegiate history.

Twenty-eight years after Joe Bottom broke the 20 second barrier, Auburn's French import cracked the 19-second barrier. Or, rather, he plowed through the barrier.

Several swimmers had tested the 19 seconds before him: Matt Biondi at 19.08, Tom Jager and Anthony Ervin at 19.05. But Bouquet's 18.74 was other-worldly.

Like Bottom, Bousquet swam his barrier-shattering swim in prelims. Splitting 9.26 halfway through the race-behind several other swimmers-Bousquet executed a truly awesome turn, breaking out half a body length ahead of the field. He came home in an incredible 9.48 seconds.

In the final, Bousquet—the World Record-holder for the short course 50 meters (21.10)—proved his morning swim was no fluke, stroking to victory in 18.90, history's second sub 19 swim.

Tualatin Hills Barracudas
15707 SW Walker Road
Beaverton, OR 97006

Masters Swimming since 1981

Pool Meets

March 11 THB Pentathlon

April 21-23 Association Championships, Corvallis, OR.

April 28 - 30 Zone SCY, Boise, ID.

July TBA LCM State Games, Mt. Hood Community College

Web resources

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