



## BARRACUDA BULLETIN



### MEET OUR NEW EVENING COACH – NINA MUNCH

by Jon Schieltz

Nina was born in McMinnville, Oregon; however, at the early age of two her family moved to the Beaverton area. Her swimming career started early in life when her mother enrolled her in the "Baby and Me" program.

Nina enjoyed being in the water, and at the age of six she joined THSC. She swam with THSC under the watchful eyes of Ben Davis and Gary Leach until she was 17 years old. High school was a busy time for her. She participated in club and high school swimming, and club and high school water polo. Due to her love for the sciences, Nina applied and was accepted to Merlo Station high school, which was a magnet school for science majors. Her high school curriculum focused on math, chemistry, physics, and biology. Since Merlo Station had no swim program, she swam for Aloha high school under Rod Harman. She was named to the second team All Metro water polo team, and made it to the high school state championships and Jr. Nationals as a swimmer.

After graduating from high school, Nina looked for sunnier skies and friends in Albuquerque. She attended the University of New Mexico and swam under Bill Spahn. During her freshman year, she swam as a sprinter competing in the 50 and 100-yard freestyle events. In her sophomore year, she moved to middle distance swimming 200 and 500-yard freestyle events. At the end of her sophomore year, Nina left UNM and competitive swimming.

She returned to Oregon to attend Oregon State University majoring in pre-med. Before getting her degree, she left OSU and took a break for 2 years. She returned to school attending Portland

State University and obtained a degree in biology. She continues to attend PSU pursuing prerequisites for nursing school. She has applied to several nursing schools in the area, and hopes to be accepted into a nursing program soon.

Nina has worked at the 50 meter pool on and off for 10 years now. She is a head lifeguard, teaches children and adult swimming lessons, and conducts aerobic classes. In addition to these activities, she tutors high school students in biology, chemistry and physics.

Her future plans are to obtain a Masters degree in nursing and then to go on to teach nursing.

Please welcome Nina as our new evening coach. She coaches Thursday and Friday evenings. She looks forward to improving your stroke, making you faster, and having fun swimming.

### **THB FEBRUARY FITNESS CHALLENGE TOTALS**

Below are the impressive totals THB swimmers entered for the February Fitness Challenge.

Name	Yards	Miles	Days
Jon Schieltz	130,800	74.32	28
Rachel Skoss	114,000	64.77	21
Amin Chisti	102,100	58.01	
David Radcliff	90,900	51.65	
William Marvel	64,000	36.36	
Pierre Blouin	60,000	34.09	
Judy Melcher	58,900	33.47	28
Krista Dittmann	55,600	31.59	18
Barbara Frid	55,100	31.31	15
Nancy Helget	49,600	28.18	
Patrick Cecil	47,800	27.16	
Kristi Panayotoff	44,500	25.28	
Alison Moore	42,250	24.01	
Geraldine Kawabata	38,300	21.76	16
Darby Sitter	33,200	18.86	16
Kathleen Hughes	30,200	17.16	12
Susie Young	27,850	15.82	9
Linda McGill	22,200	12.61	11
Elfie Stevenin	12,800	7.27	
Heather Bergreen			13
<b>TOTAL</b>	<b>1,080,100</b>	<b>613.69</b>	

### **AND ANOTHER WAY TO HELP WITH THE FEBRUARY FITNESS CHALLENGE**

#### **Calling all volunteers**

Please come to the FFC stuffing party on Friday, April 14 at 6 PM at the meeting room across the hallway from the pool. We'll be stuffing mailings to the FFC participants. The more the merrier. With lots of helpers, we can finish quickly.



Coaches Jon, Sarah and Nina and THB Pentathlon Swimmers



Barbara Frid cruising



Pentathlon participant SusieYoung

## THB PENTATHLON RESULTS

March 11, 2006

### Moore, Alison, 35

2 <sup>nd</sup> 50 Yd. Freestyle	31.41
3 <sup>rd</sup> 50 Yd. Backstroke	38.32
1 <sup>st</sup> 50 Yd. Breaststroke	38.67
2 <sup>nd</sup> 50 Yd. Butterfly	33.33
1 <sup>st</sup> 100 Yd. IM	1:14.89

**Overall: 1<sup>st</sup> 3:36.62**

### Young, Susie, 36

3 <sup>rd</sup> 50 Yd. Freestyle	31.80
2 <sup>nd</sup> 50 Yd. Backstroke	38.28
3 <sup>rd</sup> 50 Yd. Breaststroke	42.80
3 <sup>rd</sup> 50 Yd. Butterfly	33.87
2 <sup>nd</sup> 100 Yd. IM	1:18.69

**Overall: 3<sup>rd</sup> 3:45.44**

### Frid, Barbara, 63

2 <sup>nd</sup> 50 Yd. Freestyle	32.13
2 <sup>nd</sup> 50 Yd. Backstroke	38.58
1 <sup>st</sup> 50 Yd. Breaststroke	41.99
2 <sup>nd</sup> 50 Yd. Butterfly	35.06
1 <sup>st</sup> 100 Yd. IM	1:21.00

**Overall: 1<sup>st</sup> 3:48.76**

### Sitter, Darby, 62

3 <sup>rd</sup> 50 Yd. Freestyle	56.21
3 <sup>rd</sup> 50 Yd. Backstroke	1:11.72
3 <sup>rd</sup> 50 Yd. Breaststroke	1:18.66
3 <sup>rd</sup> 50 Yd. Butterfly	1:10.04
3 <sup>rd</sup> 100 Yd. IM	2:27.29

**Overall: 3<sup>rd</sup> 7:03.92**

### Kawabata, Geraldine, 71

1 <sup>st</sup> 50 Yd. Freestyle	47.46
1 <sup>st</sup> 50 Yd. Backstroke	1:01.80
1 <sup>st</sup> 50 Yd. Breaststroke	1:09.49
1 <sup>st</sup> 50 Yd. Butterfly	1:02.89
1 <sup>st</sup> 100 Yd. IM	2:11.40

**Overall: 1<sup>st</sup> 6:13.04**

### Stevenin, Elfie, 84

1 <sup>st</sup> 100 Yd. Freestyle	3:27.87
1 <sup>st</sup> 100 Yd. Backstroke	3:13.61
1 <sup>st</sup> 100 Yd. Breaststroke	5:05.74
1 <sup>st</sup> 100 Yd. Butterfly	4:55.38
1 <sup>st</sup> 200 Yd. IM	8:24.26

**Overall: 1<sup>st</sup> 25:06.86**

**Cleary, Kevin, 22**

1 <sup>st</sup> 50 Yd. Freestyle	25.96
1 <sup>st</sup> 50 Yd. Backstroke	32.59
2 <sup>nd</sup> 50 Yd. Breaststroke	33.27
1 <sup>st</sup> 50 Yd. Butterfly	28.28
1 <sup>st</sup> 100 Yd. IM	1:05.98

**Overall: 1<sup>st</sup> 3:06.08****Price, Kennedy, 33**

2 <sup>nd</sup> 100 Yd. Freestyle	58.69
2 <sup>nd</sup> 100 Yd. Backstroke	1:10.77
2 <sup>nd</sup> 100 Yd. Breaststroke	1:17.81
2 <sup>nd</sup> 100 Yd. Butterfly	1:11.81
2 <sup>nd</sup> 200 Yd. IM	2:32.48

**Overall: 2<sup>nd</sup> 7:11.56****Polukeev, Vladimir, 35**

1 <sup>st</sup> 50 Yd. Freestyle	22.06
1 <sup>st</sup> 100 Yd. Freestyle	48.87
1 <sup>st</sup> 50 Yd. Backstroke	25.53
1 <sup>st</sup> 100 Yd. Backstroke	56.56
1 <sup>st</sup> 50 Yd. Butterfly	24.33

**Blouin, Pierre, 39**

6 <sup>th</sup> 50 Yd. Freestyle	28.72
6 <sup>th</sup> 50 Yd. Backstroke	35.00
3 <sup>rd</sup> 50 Yd. Breaststroke	36.07
7 <sup>th</sup> 50 Yd. Butterfly	33.66
3 <sup>rd</sup> 100 Yd. IM	1:13.12

**Overall: 4<sup>th</sup> 3:26.57****Hackely, Jeff, 37**

2 <sup>nd</sup> 100 Yd. Freestyle	54.06
2 <sup>nd</sup> 100 Yd. Backstroke	1:03.36
1 <sup>st</sup> 100 Yd. Breaststroke	1:09.26
1 <sup>st</sup> 100 Yd. Butterfly	57.22
1 <sup>st</sup> 200 Yd. IM	2:14.51

**Overall: 1<sup>st</sup> 6:18.41****Schonstal, Sam, 42**

6 <sup>th</sup> 50 Yd. Freestyle	33.43
6 <sup>th</sup> 50 Yd. Backstroke	47.63
7 <sup>th</sup> 50 Yd. Breaststroke	43.99
7 <sup>th</sup> 50 Yd. Butterfly	48.96
5 <sup>th</sup> 100 Yd. IM	1:29.16

**Overall: 5<sup>th</sup> 4:23.17****Karyukin, Andrei, 40**

2 <sup>nd</sup> 100 Yd. Freestyle	1:03.36
3 <sup>rd</sup> 100 Yd. Backstroke	1:19.30
3 <sup>rd</sup> 100 Yd. Breaststroke	1:19.62
1 <sup>st</sup> 100 Yd. Butterfly	1:10.07
3 <sup>rd</sup> 200 Yd. IM	2:40.55

**Overall: 2<sup>nd</sup> 7:32.90****Mccarthy, Darren, 40**

1 <sup>st</sup> 100 Yd. Backstroke	1:03.29
2 <sup>nd</sup> 50 Yd. Breaststroke	31.42
1 <sup>st</sup> 100 Yd. Breaststroke	1:07.60
1 <sup>st</sup> 200 Yd. IM	2:17.60

**Yensen, Kermit, 52**

1 <sup>st</sup> 100 Yd. Freestyle	59.85
3 <sup>rd</sup> 100 Yd. Backstroke	1:14.24
2 <sup>nd</sup> 100 Yd. Breaststroke	1:21.91
1 <sup>st</sup> 100 Yd. Butterfly	1:06.73
2 <sup>nd</sup> 200 Yd. IM	2:36.77

**Overall 1<sup>st</sup> 7:19.50****Jacks, Edwin, 52**

2 <sup>nd</sup> 100 Yd. Freestyle	1:03.08
2 <sup>nd</sup> 100 Yd. Backstroke	1:13.77
4 <sup>th</sup> 100 Yd. Breaststroke	1:29.51
3 <sup>rd</sup> 100 Yd. Butterfly	1:18.37
4 <sup>th</sup> 200 Yd. IM	2:48.96

**Overall 3<sup>rd</sup> 7:53.69****Stout, Jon, 59**

1 <sup>st</sup> 50 Yd. Freestyle	26.48
1 <sup>st</sup> 50 Yd. Backstroke	31.88
1 <sup>st</sup> 50 Yd. Breaststroke	35.90
50 Yd. Butterfly	DQ
1 <sup>st</sup> 100 Yd. IM	1:07.49

**Overall: 2<sup>nd</sup> 3:29.69****Cronin, Jed, 57**

2 <sup>nd</sup> 50 Yd. Freestyle	27.10
2 <sup>nd</sup> 50 Yd. Backstroke	34.17
5 <sup>th</sup> 50 Yd. Breaststroke	42.06
1 <sup>st</sup> 50 Yd. Butterfly	30.32
2 <sup>nd</sup> 100 Yd. IM	1:13.16

**Overall: 1<sup>st</sup> 3:26.81****Lambert, Roy, 59**

5 <sup>th</sup> 50 Yd. Backstroke	42.54
2 <sup>nd</sup> 50 Yd. Breaststroke	38.07
4 <sup>th</sup> 50 Yd. Butterfly	38.85

**Kawabata, Fred, 67**

4 <sup>th</sup> 50 Yd. Freestyle	49.97
2 <sup>nd</sup> 100 Yd. Freestyle	1:52.14

**Schieltz, Jon, 67**

3 <sup>rd</sup> 50 Yd. Freestyle	41.16
3 <sup>rd</sup> 50 Yd. Backstroke	1:04.74
2 <sup>nd</sup> 50 Yd. Breaststroke	57.85
2 <sup>nd</sup> 50 Yd. Butterfly	51.37
3 <sup>rd</sup> 100 Yd. IM	1:59.40

**Overall: 2<sup>nd</sup> 5:34.52**

**Radcliff, David, 71**

1<sup>st</sup> 50 Yd. Butterfly 32.23  
 1<sup>st</sup> 100 Yd. IM 1:15.86

**Holden, Andrew, 86**

1<sup>st</sup> 50 Yd. Freestyle 36.74  
 1<sup>st</sup> 50 Yd. Backstroke 48.56  
 1<sup>st</sup> 50 Yd. Breaststroke 56.15  
 1<sup>st</sup> 50 Yd. Butterfly 46.82  
 1<sup>st</sup> 100 Yd. IM 1:55.27  
**Overall: 1<sup>st</sup> 5:03.54**

**THB LONG COURSE MEET JUNE 3, 2006**  
**PLAN ON SWIMMING - PLAN ON HELPING**

Many thanks to THB swimmers, friends, and family who helped make the Pentathlon a success. We are now gearing up for our long course meters meet, Saturday June 3rd. There are several ways you can support this meet.

**Plan on Swimming** - This swim meet is a great opportunity to swim a long course meet early in the summer, especially for those going to the FINA World meet. THB is again offering a 5k swim after the meet for 20 lucky swimmers. See details in the meet entry form.

**Plan on Helping Friday Evening Before the Meet** - We'll be setting up for the meet on Friday evening, June 2nd. We can use the same great turnout we had for the Pentathlon set-up to help it all go smoothly and quickly - especially with no bulkhead to deal with this time!

**Plan on Helping the Day of the Meet** - We also need your help during the meet, including staffing the hospitality room, working as safety marshalls, posting time sheets, relieving timers, and cleaning up after the meet. If you can commit an hour or two of your time, it would be much appreciated!

Please contact Jeanne Teisher, Meet Director, [jteisher97007@yahoo.com](mailto:jteisher97007@yahoo.com) 503-574-4557 or Peggy Toole at [toole@nwlinc.com](mailto:toole@nwlinc.com)

Thanks in advance to everyone supporting this meet!!

**NEED A SUIT ANYONE?**

I have a TYR suit that is 2 tones of blue and black swirly patterns on it, size 34, that was only worn once. After wearing it, I realized that it was too large on me. I paid \$61 for it at JD Pence. I would like to sell it for \$51. The suit will be in my bag if someone wants to meet me at the pool or call me at 503-645-4776. Darby Sitter

Tualatin Hills Barracudas  
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### **Pool Meets**

April 21 - 23      SCY Association Corvallis, OR  
April 28 – 30      Zone SCY Boise, ID  
June 3              LCM Beaverton, T-Hills  
July 8 – 9          LCM State Games Mt. Hood Community College<sup>1</sup>

### **Open Water**

June 11            2K & 4K Hagg Lake  
June 24            1K, 2K and Pursuit Relay Foster Lake

### **International Championships**

August 4 – 11      FINA World Masters Championship Stanford, CA.

### **Web resources**

Tualatin Hills Barracudas <http://www.barracudas.org>

Oregon Masters Swimming <http://www.swimoregon.org>  
United States Masters Swimming <http://www.usms.org>