



## BARRACUDA BULLETIN

### Message from the President:



Welcome new THB board members: Historian, Pierre Blouin and Vice President, Chris Cox. We extend our thanks to both for offering to help keep the THB team running well. We also want to thank out-going VP Darlene Staley for her work. Darlene is staying active assisting our Treasurer and Membership Chair to keep up with the coached swimmers lists.

Important note to all swimmers:

There are a few definite requirements to swim in the THB coached practices:

- USMS insurance coverage requires that all swimmers in practice be current USMS members. OMS membership includes USMS membership.
- All regular swimmers in our practices must be OMS and THB members.
- Swimmers can choose, in advance, to pay monthly fees or purchase a punch card
- New Swimmers can participate for two weeks if they have completed and submitted the two week trial and waiver form.
- Temporary visitors can swim if they are USMS members and purchase a THB swim punch card.

To help keep the swim team current with the requirements we are adding membership status information on the coaches' roll sheets. The roll sheets will have check boxes for OMS/USMS and THB membership as well as a place to note the date of trial membership periods. Please help our coaches and treasurer by staying current with membership and swim fees.

I want to express a special thank you to Kermit Yensen, Darlene Staley and Jim Butler who are working to update our membership and swimmer lists. All THB members: Please feel welcome to come to any board meeting to become familiar with our administrative process and help shape our future activities.

Dave Radcliff gets a Special THB THANK YOU and WAY TO GO for the fantastic work completing our February Fitness Challenge this year. Wow, great job and great benefit to our team.

Another special note: Alison Moore has moved out of our state. We will miss all of the work and support that Alison has given to our team in person. As OMS Vice President and Swim Meet Chairperson, she was very helpful to our team and all OMS teams with every meet. Alison is also a graphics artist that has donated a large part of the attractive Logos that we see for OMS, THB and FFC etc. Thank you and we miss you.

Rich

## **New Items from THB Membership Chair**

Jim Butler

Now that we have an excellent treasurer on board (Great job Kermit!) it has become painfully obvious we need to do a better job of informing our new swimmers what the steps are to join and swim with the Barracudas. This is a responsibility all members share, but it is up to the leadership, particularly the membership chair to make that responsibility as easy and painless as possible for everyone. So here is what I have done recently.

A New Swimmer Welcome Package has been created which contains the following:

- A two week trial form
- A Barracuda promotional business card (See a sample below)
- Instructions on how to join and swim with the THB (See example below)
- A THB registration form
- An OMS/USMS registration form

Twenty of these packages have been prepared and placed in a large envelope that is nailed to the lid of our deck locker along with an envelope to collect completed two-week trial forms. A copy of the instructions has also been nailed to the lid. And a small bag full of additional business cards has been nailed to the lid. When that lid is opened, as it is for every coached session, it is downright impossible to miss all these things.

Any member can refer anyone to go there and look at the instructions. Also, any member is welcome to take a few business cards to hand out or stick to a bulletin board somewhere. When the bag gets low, I'll just put more in!

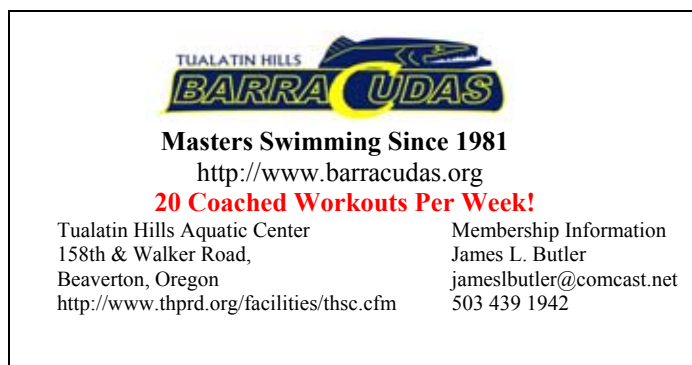
INSTRUCTIONS ON HOW TO JOIN AND SWIM WITH THB:

### **Welcome Masters Swimmer!! Here is how to JOIN and SWIM with the Barracudas**

1. Come to the pool and ask our coach for an introduction package
2. Fill out the TWO WEEK TRIAL MEMBERSHIP form and give it to the coach who will place the completed form in the THB Deck Locker
3. Within the following two weeks, fill out BOTH of the attached forms
  - A: The Oregon Masters Swimming/United States Masters Swimming registration form. (See form for registration fees)  
Make sure you indicate THB as your LOCAL TEAM.
  - B: The Tualatin Hills Barracudas Swim Club registration form. (See form for registration fees)
4. Send the registration forms with checks for registration fees to the addresses listed on the registration forms.
5. Select Coaching fee option that best fits your needs. (You can change from one to the other anytime.)
  - A: Buy a punch card good for 10 coached swimming sessions for \$60.00
  - B: Pay \$40.00 per month for unlimited coached swimming sessions\*

\*Payment can be made by leaving a check in an envelope in the Barracuda black collection box just inside the doors to the spectator bleachers at the pool.

## BARRACUDA PROMOTIONAL BUSINESS CARD:

February Fitness Report

from Dave Radcliff, FFC Event Director

Many thanks to Kristine for years of service and a great system that was already in place. It was a fun challenge taking over as Director of the FFC. My job was made easier by the tremendous job that Jon Schieltz did. The inputting of data is so important and at the same time so time consuming. Jon was superb.

In "round" number here is how the FFC did in 2006. We had 352 entries which was up about 40 over the number of entries in 2005. Our gross income was about \$4900. Our expenses (one bill still to pay) were about \$2900. It looks like THB will profit about \$2000 from the 2006 FFC. We were lucky that we had enough medals and pins and did not have to order more of these awards for this year. This really helped our profit. Next year we will have to put in another 3- year order.

More thanks to Alison for the design work and Chris Toole and Nancy Radcliff for proofing the data. Thank you Rachel for coordinating the Australian entrants. She will be taking their awards and T shirts back with her in a week. It is nice not having to mail those packages (big bucks for International mailing).

I enjoyed doing it this year and look forward to 2007. I welcome all ideas for increasing participation and making the FFC more challenging, more fun, more whatever. Please give me your ideas. Also let's have all Barracudas turn in their FFC entries next year and see how many total yards we can do as a team. THB there's your challenge.

New Club Records Fall In Pentathlon!

By Jim Butler, Membership Chair

I finally got caught up enough to do a records check on the Pentathlon results. 7 new club records were set as follows!

Newcomers to the club did the most damage wiping some really old records off the books, including one set 25 years ago!! Let's see. Vladimir would've been 10, wondering why the US elected an actor President, and already setting his goals to one day be a Barracuda record holder. (Okay, which part of that seems a bit odd?)

Darren celebrated joining the Barracudas and the 40 and over crowd by backing into a new club record. And Geraldine just keeps racking them up. It seems like she grabs a couple more records every time she enters the pool!

I'm sure there will be a lot of record setting performances to report from the Association meet as well. I should have everything reviewed and posted by the June 1 newsletter.

Swim fast!!

Men 35-39

**Vladimir Polukeev** (Boy, wait til he actually gets in shape....Curtis!!)  
 50 Free 22.06 Old record set in 1987  
 100 Free 48.87 Old record set in 2004  
 100 Back 56.56 Old record set in 1981  
 50 Fly 24.33 Old record set in 1987

Men 40-44

**Darren McCarthy**  
 100 Back 1:03.29

Women 70-74

**Geraldine Kawabata**  
 50 Free 47.46  
 50 Fly 1:02.89

**Announcement:**

**Volunteers needed** for the THB Sizzling Summer June Long Course Swim Meet, Saturday June 3rd.

Please contact Jeanne Teisher, Peggy Toole or Rich Minter with your choice of time and job. An hour of your time will take a great load off of the people that always work hard to support our team. Join us for awhile; we enjoy the teamwork. Swimmers, please check to see if a family member or friends who will be with you would be willing to participate for awhile. Thanks!

**ASSOCIATION PHOTOS AND MEET RESULTS**



Dave Radcliff and Susie Young



Coach Jon and Rachel Skoss

**Alden, Jennifer, 27**

1<sup>st</sup> 50 Yd Backstroke 29.78  
 1<sup>st</sup> 100 Yd Backstroke 1:04.35  
 1<sup>st</sup> 50 Yd Breaststroke 35.08  
 2<sup>nd</sup> 50 Yd Butterfly 28.50  
 1<sup>st</sup> 100 Yd IM 1:07.05

**Casey, Anna, 29**

7<sup>th</sup> 200 Yd Free 2:42.17  
 3<sup>rd</sup> 100 Yd Breaststroke 1:39.10  
 3<sup>rd</sup> 200 Yd Butterfly 3:21.05  
 5<sup>th</sup> 200 Yd IM 3:08.19

**Munch, Nina, 26**

1<sup>st</sup> 50 Yd Free 28.04  
 3<sup>rd</sup> 50 Yd Breaststroke 39.31  
 5<sup>th</sup> 50 Yd Butterfly 32.24  
 2<sup>nd</sup> 100 Yd IM 1:11.84

**Wald, Sarah, 26**

6<sup>th</sup> 200 Yd Free 2:31.12  
 7<sup>th</sup> 50 Yd Butterfly 37.41  
 4<sup>th</sup> 100 Yd Butterfly 1:25.82  
 4<sup>th</sup> 100 Yd IM 1:24.17  
 4<sup>th</sup> 200 Yd IM 2:48.43

**Peterson, Julie, 31**

2<sup>nd</sup> 50 Yd Free 28.72  
 4<sup>th</sup> 50 Yd Butterfly 31.95  
 3<sup>rd</sup> 200 Yd IM 2:43.23

**Kilbourn, Laurie, 39**

8<sup>th</sup> 500 Yd Free 7:03.29  
 3<sup>rd</sup> 50 Yd Breaststroke 43.14  
 6<sup>th</sup> 100 Yd IM 1:22.39

**Skoss, Rachel, 37**

7<sup>th</sup> 500 Yd Free 6:57.53  
 4<sup>th</sup> 1000 Yd Free 14:22.10  
 3<sup>rd</sup> 1650 Yd Free 24:05.04

**Young, Susie, 36**

2<sup>nd</sup> 500 Yd Free 6:07.71  
 1<sup>st</sup> 1000 Yd Free 12:38.00  
 2<sup>nd</sup> 1650 Yd Free 20:44.85  
 4<sup>th</sup> 100 Yd Butterfly 1:12.72  
 3<sup>rd</sup> 200 Yd Butterfly 2:43.46  
 2<sup>nd</sup> 200 Yd IM 2:39.09

**Chesler, Laurie, 42**

3<sup>rd</sup> 100 Yd Free 1:06.53  
 6<sup>th</sup> 200 Yd Free 2:24.35  
 2<sup>nd</sup> 1000 Yd Free 13:32.90  
 3<sup>rd</sup> 1650 Yd Free 22:31.58  
 4<sup>th</sup> 50 Yd Breaststroke 40.27

**Teisher, Jeanne, 54**

3<sup>rd</sup> 50 Yd Free 30.52  
 2<sup>nd</sup> 1000 Yd Free 14:40.93  
 1<sup>st</sup> 200 Yd Free 2:35.75  
 3<sup>rd</sup> 500 Yd Free 7:06.20  
 2<sup>nd</sup> 100 Yd Free 1:08.55

**Winton, Leslie, 51**

5<sup>th</sup> 50 Yd Free 38.27  
 4<sup>th</sup> 100 Yd Free 1:24.19  
 4<sup>th</sup> 50 Yd Backstroke 50.18  
 3<sup>rd</sup> 50 Yd Breaststroke 47.25  
 6<sup>th</sup> 50 Yd Butterfly 41.60  
 4<sup>th</sup> 100 Yd IM 1:36.03

**Toole, Peggy, 53**

3<sup>rd</sup> 200 Yd Free 2:57.07  
 9<sup>th</sup> 50 Yd Butterfly 45.11

**Staley, Darlene, 56**

2<sup>nd</sup> 200 Yd Free 2:49.10  
 3<sup>rd</sup> 1000 Yd Free 15:19.23  
 1<sup>st</sup> 200 Yd Butterfly 3:16.41  
 1<sup>st</sup> 200 Yd IM 3:13.62

**Frid, Barbara, 64**

2<sup>nd</sup> 50 Yd Free 31.42  
 1<sup>st</sup> 100 Yd Free 1:09.83  
 2<sup>nd</sup> 50 Yd Backstroke 37.73  
 2<sup>nd</sup> 100 Yd Backstroke 1:26.17  
 2<sup>nd</sup> 100 Yd Breaststroke 1:30.42  
 1<sup>st</sup> 50 Yd Butterfly 33.86

**Kawabata, Geraldine, 71**

1<sup>st</sup> 50 Yd Free 44.92  
 1<sup>st</sup> 100 Yd Free 1:41.07  
 1<sup>st</sup> 100 Yd Backstroke 2:02.93  
 1<sup>st</sup> 50 Yd Breaststroke 1:05.67  
 1<sup>st</sup> 50 Yd Butterfly 57.94  
 1<sup>st</sup> 100 Yd IM 2:03.54

**Hughes, Kathleen, 79**

1<sup>st</sup> 50 Yd Free 59.30  
 1<sup>st</sup> 100 Yd Free 2:13.89  
 1<sup>st</sup> 50 Yd Backstroke 1:21.48

**Stevenin, Elfie, 84**

1<sup>st</sup> 1000 Yd Free 39:41.00  
 1<sup>st</sup> 50 Yd Backstroke 1:30.93  
 1<sup>st</sup> 100 Yd Butterfly 5:27.92  
 1<sup>st</sup> 200 Yd Butterfly 12:10.54



Andrei Karyukin



Kermit Yensen

**Polukeev, Vladimir, 35**

1<sup>st</sup> 50 Yd Free 21.63  
 1<sup>st</sup> 100 Yd Free 46.83  
 1<sup>st</sup> 50 Yd Backstroke 25.19  
 1<sup>st</sup> 100 Yd Backstroke 53.54  
 1<sup>st</sup> 50 Yd Butterfly 23.82

**Hackley, Jeff, 37**

4<sup>th</sup> 100 Yd Free 52.01  
 3<sup>rd</sup> 50 Yd Butterfly 25.82  
 1<sup>st</sup> 100 Yd Butterfly 55.82  
 1<sup>st</sup> 200 Yd Butterfly 2:06.53  
 2<sup>nd</sup> 100 Yd IM 59.95

**Christensen, Douglas, 43**

1<sup>st</sup> 50 Yd Free 24.04  
 2<sup>nd</sup> 50 Yd Breaststroke 30.51  
 1<sup>st</sup> 50 Yd Butterfly 25.46  
 2<sup>nd</sup> 100 Yd Butterfly 56.78  
 2<sup>nd</sup> 100 Yd IM 59.40  
 5<sup>th</sup> 200 Yd IM 2:13.28

**Cox, Chris, 44**

10<sup>th</sup> 50 Yd Free 29.68  
 5<sup>th</sup> 200 Yd Free 2:24.62  
 4<sup>th</sup> 1000 Yd Free 13:51.74  
 9<sup>th</sup> 50 Yd Butterfly 33.38  
 8<sup>th</sup> 200 Yd IM 2:49.49  
 3<sup>rd</sup> 400 Yd IM 6:08.80

**Karyukin, Andrei, 40**

9<sup>th</sup> 50 Yd Free 29.47  
 6<sup>th</sup> 100 Yd Free 1:02.46  
 5<sup>th</sup> 100 Yd Breaststroke 1:19.62  
 7<sup>th</sup> 50 Yd Butterfly 29.23  
 6<sup>th</sup> 100 Yd Butterfly 1:09.55  
 8<sup>th</sup> 100 Yd IM 1:10.70

**McCarthy, Darren, 40**

2<sup>nd</sup> 200 Yd Backstroke 2:17.89  
 3<sup>rd</sup> 50 Yd Breaststroke 30.85  
 1<sup>st</sup> 200 Yd Breaststroke 2:30.25  
 5<sup>th</sup> 100 Yd IM 1:02.51

**Schonstal, Sam, 42**

11<sup>th</sup> 50 Yd Free 32.94  
 7<sup>th</sup> 100 Yd Free 1:13.93  
 7<sup>th</sup> 200 Yd Free 2:53.53  
 6<sup>th</sup> 1000 Yd Free 16:14.81  
 11<sup>th</sup> 50 Yd Butterfly 45.32  
 10<sup>th</sup> 100 Yd IM 1:27.30

**Kopp, Kurt, 46**

5<sup>th</sup> 50 Yd Free 27.30  
 5<sup>th</sup> 100 Yd Breaststroke 1:18.89  
 1<sup>st</sup> 50 Yd Butterfly 29.45  
 5<sup>th</sup> 200 Yd IM 2:42.84

**White, James, 47**

7<sup>th</sup> 50 Yd Free 28.57  
 7<sup>th</sup> 100 Yd Free 1:01.80  
 10<sup>th</sup> 200 Yd Free 2:20.05  
 3<sup>rd</sup> 50 Yd Backstroke 39.02

**Butler, James, 53**

9<sup>th</sup> 50 Yd Free 34.63  
 5<sup>th</sup> 100 Yd Free 1:17.58  
 5<sup>th</sup> 200 Yd Free 3:04.42  
 5<sup>th</sup> 500 Yd Free 8:32.40  
 6<sup>th</sup> 50 Yd Backstroke 46.87  
 6<sup>th</sup> 100 Yd Backstroke 1:44.37

**Cecil, Patrick, 51**

6<sup>th</sup> 50 Yd Free 30.39  
 3<sup>rd</sup> 200 Yd Free 2:39.03  
 3<sup>rd</sup> 1650 Yd Free 25:11.15  
 6<sup>th</sup> 50 Yd Butterfly 38.26  
 2<sup>nd</sup> 200 Yd Butterfly 3:21.38

**Toole, Chris, 54**

8<sup>th</sup> 50 Yd Free 32.46  
 4<sup>th</sup> 1000 Yd Free 14:19.07  
 4<sup>th</sup> 100 Yd Breaststroke 1:25.36  
 8<sup>th</sup> 50 Yd Butterfly 38.75

**Yensen, Kermit, 52**

2<sup>nd</sup> 100 Yd Free 56.89  
 2<sup>nd</sup> 200 Yd Free 2:07.93  
 5<sup>th</sup> 50 Yd Butterfly 28.52  
 2<sup>nd</sup> 100 Yd Butterfly 1:02.99  
 1<sup>st</sup> 200 Yd Butterfly 2:40.18  
 3<sup>rd</sup> 100 Yd IM 1:07.73

**Cronin, Jed, 57**

2<sup>nd</sup> 500 Yd Free 6:19.44  
 3<sup>rd</sup> 1650 Yd Free 21:32.42  
 1<sup>st</sup> 50 Yd Butterfly 29.88  
 1<sup>st</sup> 100 Yd Butterfly 1:13.48

**Schieltz, Jon, 67**

3<sup>rd</sup> 50 Yd Free 40.35  
 2<sup>nd</sup> 50 Yd Breaststroke 52.61  
 1<sup>st</sup> 100 Yd Breaststroke 2:02.29  
 1<sup>st</sup> 200 Yd Breaststroke 4:25.40  
 2<sup>nd</sup> 50 Yd Butterfly 51.47  
 3<sup>rd</sup> 100 Yd IM 1:58.55

**Radcliff, David, 71**

1<sup>st</sup> 50 Yd Free 27.57  
 1<sup>st</sup> 100 Yd Free 59.91  
 1<sup>st</sup> 200 Yd Free 2:11.67  
 1<sup>st</sup> 500 Yd Free 6:04.81  
 1<sup>st</sup> 1000 Yd Free 12:45.29  
 1<sup>st</sup> 1650 Yd Free 20:53.73

**RELAYS****Women's 25+ 200 Yd Free Relay**

4<sup>th</sup> 1:55.39

Munch, Peterson, Wald, Alden

**Women's 25+ 200 Yd Medley Relay**

3<sup>rd</sup> 2:13.22

Alden, Casey, Munch, Wald

**Women's 35+ 200 Yd Free Relay**

3<sup>rd</sup> 2:03.55

Skoss, Teisher, Chesler, Young

**Women's 35+ 200 Yd Medley Relay**

5<sup>th</sup> 2:27.08

Skoss, Frid, Young, Kilbourne

**Women's 45+ 200 Yd Free Relay**3<sup>rd</sup> 2:22.33

Staley, Toole, Winton, Frid

**Men's 35+ 200 Yd Free Relay**1<sup>st</sup> 1:35.16Hackley, Christensen, Karyukin,  
Polukeev8<sup>th</sup> 1:59.96

Cox, Cecil, White, Toole

**Men's 35+ 200 Yd Medley Relay**1<sup>st</sup> 1:42.82Polukeev, McCarthy, Hackley,  
Christensen**Men's 45+ 200 Yd Free Relay**2<sup>nd</sup> 1:44.76

Radcliff, Cronin, Yensen, Kopp

**Men's 45+ 200 Yd Medley Relay**3<sup>rd</sup> 2:08.24

Cronin, Kopp, Yensen, , Radcliff

**Mixed 25+ 200 Yd Free Relay**2<sup>nd</sup> 1:38.61Hackley, Alden, Munch,  
Polukeev6<sup>th</sup> 2:09.43Karyukin, Wald, Kilbourne,  
Schonsal**Mixed 25+ 200 Yd Medley Relay**2<sup>nd</sup> 1:53.77Alden, Hackley, Polukeev,  
Munch8<sup>th</sup> 2:19.59

Wald, Cox, Peterson, Cecil

**Mixed 35+ 200 Yd Medley relay**6<sup>th</sup> 2:09.04Young, Karyukin, Christensen,  
Chesler**Mixed 45+ 200 Yd Free Relay**4<sup>th</sup> 2:04.74

Yensen, Winton, Frid, Cronin

**Mixed 45+ 200 Yd Medley Relay**4<sup>th</sup> 2:16.53

Frid, Winton, Cronin, Kopp

6<sup>th</sup> 2:19.67

Staley, Toole, Yensen, Teisher

**Mixed 65+ 200 Yd Free Relay**1<sup>st</sup> 2:55.22Hughes, Kawabata, Schieltz,  
Radcliff**Mixed 65+ 200 Yd Medley Relay**1<sup>st</sup> 3:37.72Kawabata, Schieltz, Radcliff,  
Hughes

Tualatin Hills Barracudas  
15707 SW Walker Road  
Beaverton, OR 97006

*Masters Swimming since 1981*

### **Pool Meets**

June 3, 2006 Tualatin Hills Sizzling Summer Long Course Meet

### **Open Water Swims**

June 24, 2006 Foster Lake Masters Open Water Swim

July 15, 2006 Southern Oregon Open water Challenge

July 28–30, 2006 Cascade Lake Swim Series

### **Web resources**

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