

# Team Life

## Corvallis Aquatic Team

- CAT has 48 registered USMS swimmers
- The team came very close to winning 1st place in the open water small team category. Just a few more swimmers were needed to do it.



## Columbia Gorge Masters

- CGM has 76 registered USMS swimmers
- Every Wednesday CGM has a Lunchtime Power Hour with Coach Marcie Wily. It is a class designed to increase strength, endurance, and improve your stroke technique
- Ladies Track is on Tuesdays
- In mid-September they had a "Forever Summer Party"
- Photo is CGM Coach Shelly Rawding with Katie Ladecky of USA-S fame.



Katie was awarded the best female swimmer for the third year in a row, in August. See <http://reachforthewall.com/2015/10/05/katie-ledecky-tabbed-usa-swimmings-top-athlete-for-third-straight-year/> For one of her world-record-breaking 1500 meter swims, see <https://search.yahoo.com/yhs/search?p=katie+ledecky&ei=UTF-8&hspart=mozilla&hsimp=yhs-002>. She lapped her competition in a World Championship meet!



## OPEN Narwhals

- OPEN has 10 registered USMS swimmers
- They are a versatile team; they swim both Open Water and pool events.



### **TEAM Club Sport Oregon**

- TCSO has 6 registered USMS swimmers
- Here is a picture of the Team at OMS SCY Championships in April, 2014
- Showing off the team's new swim suits
- Celebrating September birthdays. Birthday person has to wear the fancy cap!



### **Lake Oswego Masters**

- LOM has 4 registered USMS swimmers
- Here is a picture of the Team one day when they all arrived at the pool and the door was locked.



### **Salem Kroc Masters Swimming**

- KAM has 8 registered USMS swimmers
- They post pictures of the whiteboard of each workout, for those who missed the workout.
- KAM works out 3 days per week at 5:30 AM.



## Tualatin Hills Barracudas

- THB has 114 registered USMS members
- Dave Radcliff was recognized for being inducted into the 2015 International Masters Swimming Hall Of Fame
- Michelle Macy was recognized for completing the prestigious 'Oceans Seven' swims. "Ocean's Seven consists of seven long-distance open-water swims, and is considered the marathon swimming equivalent of the Seven Summits mountaineering challenge. It includes the North Channel, the Cook Strait, the Molokai Channel, the English Channel, the Catalina Channel, the Tsugaru Strait and the Strait of Gibraltar.

"Stephen Redmond of Ireland was the first person ever to complete all seven swims. Since then, five others have completed the septuplet: Anna-Carin Nordin (Sweden), Michelle Macy (United States), Darren Miller (United States) Adam Walker[1] (United Kingdom) and Kimberley Chambers (New Zealand)." *Wikipedia*



**Dave Radcliff**



**Michelle Macy**



## Oregon City Tankers

- Tim Waud was inducted into La Salle Catholic College Preparatory "Wall of Champions" this Fall. He attended La Salle from 1981-1985 and was a four year Letterman. He was honored for being a 1985 AA State High School Champion in the 100 Breaststroke and for his continued contribution to the sport of swimming. Post high school honors are: USMS National Champion in 2008 and being the 2014 USMS World Championship Team Head Coach in Montreal. Tim's family attended a pre-game BBQ and a football game where Tim was inducted during half time. Parents, Patrick and Suzan Waud, are in the picture with Tim's fiance Jill Shrake.

