

# 'Cudas swim past sea lions

by Nona Ballard

Special Correspondent

The Berlin Bear-A-Cudas swim team took to the road for the first time this season to challenge the Heidelberg Sea Lions and a new European Forces Swim League team from Osterholz-Scharmbeck. In beautiful Heidelberg on the Neckar River the Berlin team swam to its first victory by defeating Heidelberg 249-159 and Scharmbeck 245-17.

Impressive performances were posted by two triple winners from Berlin. In the 10 and under age group Aryn Ballard won the 50-meter freestyle, 100-meter individual medley and 50-meter butterfly while Peter Rigney won the 100-meter individual medley, 50-meter backstroke and 50-meter butterfly.

Earning double victories for the day were 10 and unders Marla Minderman in the 50-meter backstroke and 50-meter breaststroke and Casey Bunton in the 50-meter freestyle and 50-meter

breaststroke. In 13-14 age group Bethany Ballard took the 200-meter individual medley and 100-meter breaststroke while Chris Phipps won the same events for boys. In 15-19's Nona Ballard won the 100-meter freestyle and 100-meter butterfly and Todd Walsh won the 100-meter freestyle and 100-meter breaststroke.

Racing to single victories were Kathleen Belz in backstroke, Kirstin Walsh in individual medley, Michelle Allen in backstroke, Bill Keravuori in butterfly, Cindy Lawrence in breaststroke and Lars Asmis in butterfly.

This victory proved a sweet reward for the countless hours of swimmer training and preparation. If you enjoy swimming bring your swimsuit to Andrews Pool weekday afternoons from 4-6 p.m. You provide the time and effort and we will supply you with the necessary competitive skills. Help the Bear-A-Cudas fulfill their vision of a victorious swim season.

# Bear-A-Cudas swim past NATO, Augsburg

by Nancy Edelman

Special Correspondent

Berlin overpowered their visitors from NATO and Augsburg on Sunday at the Andrews Pool with a score of 412 to NATO's 165 and Augsburg's 132. The awesome Bear-A-Cudas won 34 first place ribbons out of a possible 48 while continuing to eclipse previous records.

Peter Stowell in the 10-and under boys 50-meter backstroke set a new European Forces Swim League record in 39:78, nearly one and one-half seconds better than the old record. Todd Walsh in the 13-14 boys 100-meter breaststroke established a new pool record in 1:20.30, falling short of a new league record by only five hundredths of a second.

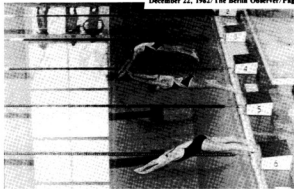
The powerful 10-and under mixed 200-meter free relay team of Aryn

Ballard, Karen Edelman, Peter Rigney and Peter Stowell added a new pool record to the books with a time of 2:23.58.

Among the superstars for the 'Cudas are four triple, seven double, and two single winners. Triple winners include Ballard, 10-and under girls freestyle, backstroke and breaststroke; Bethany Ballard, 11-12 girls individual medley, backstroke and breaststroke and Shannon Heath, 13-19 girls individual medley, breaststroke and butterfly.

The 'Cudas, now at six wins and 1 loss, won't face their next opponent until January 23 in Heidelberg when they go up against the Sea Lions. The team will continue intensive training through the holidays in preparation for the second half of the season.

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*AND THE RACE IS ON—Members of the Berlin Bear-A-Cudas once again emerged victorious, this time over*

*Augsburg and the team from NATO. The 'Cudas are now sporting a 6-1 record. (Photo by R. Gibson)*

# 'Cudas swim past Hahn

The Berlin Bear-A-Cudas swim team defeated the Hahn Seahawks soundly last weekend by a score of 225-179. Berlin challenged a powerful team compiled of swimmers from Hahn AFB and Baumholder and fierce competition proved the standard for day in the otherwise tranquil Rhine Valley.

Three team records were shattered by Berlin swimmers. The 15-19 years medley relay team consisting of Jennifer Hewitt, Todd Walsh, Lars Asmle and Nona Ballard broke a record of two years standing with

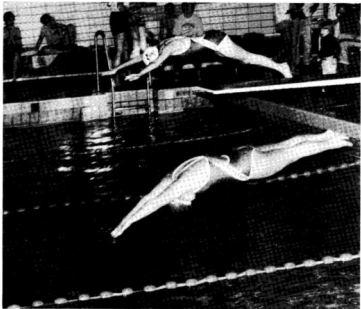
their time of 2:13.05. In the 100-meter breaststroke Bethany Ballard cut two seconds from her own team record with a 1:28.02. Aryn Ballard in the 50-meter butterfly posted a 19.23 time to erase the former record of Karen Edelman.

Bringing home five blue ribbons each for the day were Aryn Ballard, Nona Ballard and Lars Asmle. Peter Rigney was a triple individual winner. Earning double first place honors were Bethany Ballard and Todd Walsh. Single blue ribbon recipients were Casey Benton, Kirstin Walsh,

Eero Keravouri, Gretchen Cruett and Bill Keravouri. Additional valuable team points were contributed by heroic efforts on the part of swimmers Jackie Porter and Max Milton.

In European Forces Swim League competition Berlin now boasts its record to four wins and one defeat. Our next meet will be Sunday when Berlin is invaded by the Augsburg Otters. Come to Andrews Pool at noon for more exciting Bear-A-Cudas action.

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## Hitting the water

The Berlin Bear-A-Cudas swim team boosted its record to 5-1 as it crushed Augsburg 302-114 in a one-sided contest Sunday. Andrews pool, provided the setting for five swimmers to earn triple blue ribbons: Aryn Ballard, Kathleen Belz, Peter Rigney, Bill Keravuori, and Nona Ballard.

Winning double first places were Casey Bunton, Chris Phipps, Knut Asmis and Chris Fortune. Additional winners included Cindy Honderd, Deb-

bie Ternlund, Jackie Porter, Eero Keravuori, Jay Tydlaska, Bethany Ballard, Gretchen Gruett, Laura Jacoby and Cindy Lawrence.

The swimmers train through the Christmas holidays in a special swim clinic. Intensive training in stretching, stroke technique, nutrition and conditioning by guest coach John Fingerhut prepares the team for the challenging second half of its competitive season.

# 'Cudas beat Patch'

by Nona Ballard

Bear-A-Cudas correspondent

The Berlin Bear-A-Cudas swim team overpowered the Patch Piranhas Sunday by a score of 252-155. In a heated contest of the European Forces Swim League, new swimmers and extra efforts from relay swimmers clenched the victory for Berlin.

One triple winner surfaced when Aryn Ballard won the 10 and under girls individual medley, backstroke and butterfly races.

Double victories were earned by swimmers Casey Buntton, Kirstin Walsh, Troy Johnson, Bethany Ballard, and Gretchen Gruett.

Important single efforts were recorded by Cindy Honderd, Kathleen Belz, Laura Jacoby, Anne Doucette, Marla Minderman, Chris Phipps, Cindy Lawrence, and Todd Walsh.

New swimmers Anne Doucette and Troy Johnson contributed invaluable points in this sixth win of the season. Noteworthy performances were praised by Coach Ted Colquhoun of swimmer Gretchen Gruett and the 15-19 mixed freestyle relay team combining Chris Fortune, Cindy Lawrence, Nona Ballard, and Todd Walsh.

This coming Sunday at Andrews Pool the 'Cudas' traditional arch rival, SHAPE Seals, will challenge the Berlin squad.

# SHAPE downs 'Cudas in upset here

by Nona Ballard  
Bear-A-Cudas correspondent

The Berlin Bear-A-Cudas swim team was defeated Sunday by a strong SHAPE Seals team 239-177. The multinational group of swimmers from SHAPE, Belgium, claimed four relay races by less than 5 seconds in a contest much closer than indicated by score alone.

The Seals victory was their first in Berlin in at least three years, said Bear-A-Cudas coach Ted Colquhoun. The Cudas are now six and two for the season holding third place in the European Forces Swim League with three meets left.

A new team record was set by Bethany Ballard in 13-14 girls breaststroke with her time of 1:28.10.

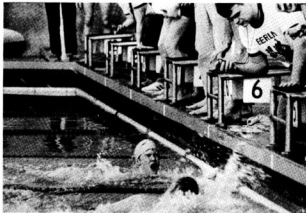
Swimmer Aryn Ballard was praised by Colquhoun as outstanding swimmer of the day. Swimmer Todd Walsh was also recognized for his valiant sprints during the swim meet.

Highlighted as triple first place winners were Aryn Ballard in 10-under girls and Casey Buxton in 10-under boys age group.

Putting in two blue ribbons during the fierce competition were swimmers Bethany Ballard, Nona Ballard and Cindy Lawrence.

Earning single first place victories included Kirstin Walsh, Chris Phipps, Bill Kersavouri, Laura Jacoby, Lars Asmin and Todd Walsh.

Adding additional valuable points to the Berlin effort were Anne Doucette, Cindy Honderd, Daniel Kerr, Chris James, Graham Salt, Kathleen Bela, Jackie Porter, Troy Johnson, Peter Rigney, Gertchen Gruetz, Michelle Allen, Chris Minderman, Jennifer Hewitt, Bonnie Eschrich and Knut Asmin.



*THE AGONY OF VICTORY.—This SHAPE Seals swimmer managed to win her 100-meter freestyle heat*

*but needed a few deep breaths of air to recuperate. (Photo by Tom Jackson)*

# Cudas top Mannheim 318-91

by Nona Ballard  
Bear-A-Cudas correspondent

The Berlin Bear-A-Cudas routed the Mannheim Marlins in European Forces Swim League competition here Sunday 318 to 91.

Records fell when Aryn Ballard broke the team and pool record with her 1:22.73 in the 10-under girls 100-meter individual medley and Todd Walsh swam 1:16.00 in 15-19 boys 100-meter breaststroke for a new team standard.

Aryn Ballard and Gretchen Gruett were pinpointed by head coach Ted Colquhoun as outstanding swimmers of the meet.

Berlin swimmers were seeded throughout the day in unusual patterns to provide competition among their own team mates. Even so, they won 32 of a possible 40 individual races an all eight relays. Triple victories were swept by Aryn Ballard, Casey Bunton, Kirstin Walsh,

Troy Johnson, Chris Phipps and Nona Ballard. Double first place ribbons were brought home by Peter Rigney, Gretchen Gruett as well as Knut Asmis.

Single winners included Debbie Ternlund, Anne Doucette, Jackie Porter, Michelle Allen, Bethany Ballard, Chris Minderman, Jennifer Hewitt and Cindi Lawrence.

Adding valuable second and third place points were Cindy Honderd, Genny Chapman, Jennifer Belz, Brian McComak, Graham Salt, Chris James in 10-unders; Kathleen Belz, Robin Hewitt, Eero Keravuori, Max Milton and Stephan Bernick in 11-12 age group; Andrea Burash, Jimmy Wucher, Eddie Wucher in 13-14 age group; and Laura Jacoby, Chris Fortune and Bill Keravuori in 15-19 age group.

The Bear-A-Cudas next competition will be Saturday, March 10, at Andrews pool when they are challenged by the Canadian team from Lahr.



CUDA swimmers at work during a recent practice.

(Photo by Tom Jackson)

# Bear-A-Cudas.

by Tom Jackson

They keep the sort of hours that even a first sergeant would groan at.

When most morning coffee pots are just beginning to gurgle and perk, the Bear-A-Cudas Swim Team is already in the pool swimming laps. Reporting time for the morning workout is 5:15 a.m. at Andrews pool.

And they return in the afternoon and continue swimming laps from 4:15 to 6:15 p.m. Two workouts a day, five days a week. On Saturdays they relax with just one workout, from 8 to 10 in the morning.

If you wonder how anybody could get some 72 teenagers and pre-teens to keep, let alone volunteer, for such grueling hours, the answer can be found in three key ingredients — an enthusiastic coaching staff, a large and active Bear-A-Cudas Booster Club, and most of all, the kids themselves, dedicated, unafraid, and indefatigable.

"We work hard," said Colquhoun, an ex-swimmer, "but I don't want to come across as a machine so I try to make sure that we have fun as well. The workouts are demanding but we do have fun.

"It's impressive to see how hard these kids can work. When you see kids as young as ten and under swim lap after

lap, day in and day out and exceed the goals you've set for them and then, without any question or hesitation, dive in and tackle a new set of goals, you can't help but be impressed."

Backing up this speedy school of 'Cuda fish is what is probably the largest, most active parents group in the command, the Bear-A-Cudas Booster Club, made up of parents from 44 families.

"Without the booster club it would be hard to keep the team running," said Colquhoun. "They sell T-shirts, run the concession stands and a booth at the Volksfest to raise money for equipment and trips. They also organize and help officiate at the meets."

They also photograph, videotape and generally yell like crazy whenever their team is churning through the pool against another.

But what it all boils down to is the kids — swimming from 2,500-5,500 meters a day, plus meets from August to April with summer workouts to improve technique.

And that's enough to make anybody groan but you won't hear any complaints from the Bear-A-Cuda swimmers. They are too busy having fun.



# Cudas



**DON'T LAUGH, YOU'RE NEXT.**  
Bear-A-Cuda's coach Ted Colquhoun  
inspires a few chuckles when he explains

*just who is going to swim what during a  
recent practice.*



**IT ALL COMES DOWN TO THIS.**  
*Casey Ruston, 3rd ranked in the 10-and-*

*under-boys in the EPFL in the 50-meter*  
*freestyle, digs hard toward the finish*

*during the 'Cudas' meet with SHAPE*  
*last month. (Photos by Tom Jackson)*



*THE 'CUDA BOOSTERS CLUB, made up of parents of swimmers, mark the*

*swimmers' times during the meet with SHAPE last month.*

# 'Cuda swimmers shine in season finale

by Nona Ballard

Olympia Park in Munich once again hosted the annual European Forces Swim League Invitational Championships on April 8th. Berlin Bear-A-Cudas qualified 44 swimmers to compete against the League's strongest field ever comprising over 400 swimmers from 15 teams.

The traditional Olympic-type gold, silver and bronze medals were awarded to the top three finishers of each race during the competition.

Aryn Ballard shone as the only swimmer to receive five gold medals at the championships. Ballard dashed the old 50-meter freestyle League record by 1.87 seconds with her clocking of 32.25 seconds and won the 100-meter individual medley and the 50-meter butterfly to earn three of the coveted gold medals in individual races in the 10-under girls category.

Berlin's only other gold medal winner in individual competition was Anne Dorcotte in the 10-under girls 50-meter breaststroke.

The 10-under mixed medley relay team of Brian McCormack, Aryn Ballard, Anne Dorcotte and Casey Buntton earned gold medals as did the mixed medley freestyle relay of Casey Buntton, Cindy Honderd, John Martin and Aryn Ballard.

A silver medal was won by Bethany Ballard in 13-14 girls 100-meter breaststroke where a new team record was set at 1:27.92. Ballard also took fourth place in the 200-meter individual medley.

Bronze medals were earned by Cindy Honderd in the 10-under girls 50-meter freestyle. Honderd also finished 5th in the 100-meter individual medley and 6th place in 50-meter backstroke. Casey Buntton brought home a bronze medal in the 10-under boys 50-meter freestyle.

Roy Johnson won a bronze medal in 11-12 boys 50-meter freestyle setting a new team record of 30.78 seconds. Johnson took 3th place in the 100-meter individual medley.

Bronze medals were won by the 15-19 mixed medley relay team of Laura Jacoby, Knut Aemis, Todd Walsh

and Nona Ballard. Todd Walsh earned a bronze medal for the 100-meter breaststroke with a new team record of 1:15.19. Jacoby also finished fourth in the 100-meter backstroke and 5th in the 100-meter butterfly. Aemis finished 4th in the 100-meter butterfly and Ballard took 6th place in 100-meter freestyle.

Other swimmers earning medals included Chris Phipps, Debbie Terlund, Kathleen Blex, Mac Milton, Gretchen Green, Kirstin Walsh and Peter Rigney.

EFSL patches were awarded each participant to include Chris Minderman, Michelle Allen, Jenni Hewitt, Genny Chapman, Danny Kerr, Jackie Porter, Dile Wucher, Cindi Lawrence, Chris Fortuna, Troy Lavender, Eric Keravouri, Monica Madero, Robin Hewitt, Marla Mindermann, Jimmy Wucher, Bonnie Eschrich and Bill Keravouri.

The Bear-A-Cudas have been invited to merge with the German Swim Club Lichtenfelde 1908 to compete in the Berlin citywide championships to be held May 13-17 in Stöberberg Schwimmhalle.