

swimming



Tama Cuddeback

She splits her time with success

By STEVE JETT
Of the Emerald

Behind Tama Cuddeback the swimmer stands Tama Cuddeback the musician. Don't be surprised if she's as successful at the latter as she is at the former.

When she is not in the water making waves for the Oregon women's swim team, Cuddeback, who has made visiting the AAU nationals an annual episode, is carrying a double-major load of piano performance and music education, which is one of the main reasons for attending Oregon.

"I am majoring in music and they offered what I wanted and what I was looking for," said the freshman out of South Eugene

High School, "When I entered Oregon I had no intention of swimming for them."

Cuddeback is now dividing her time between her music and swimming. She hoped to only swim AAU since she thought it offered her a "better chance" at the nationals than college competition. But when it turned out she had the opportunity to compete in both college and AAU she "jumped" at the chance, with hesitation.

"I feared college competition would be like high school, where there is not the caliber I could find in the AAU and where 70 percent of the swimmers do not swim year round."

At first Cuddeback felt she could best profit from the teach-

ings of her AAU coach, Dan Cole. But late in October Cuddeback went to a Duck swim team meeting and it led to bigger things.

"Virginia Van Rossen (Oregon's women's coach) got together with my AAU coach and he was enthusiastic about it. He is one of the main reasons for my swimming in college."

Actually a compromise was worked out where Cuddeback would practice four to five hours with the women's team and six to seven hours with the AAU.

"At the time I had no idea there would be a compromise but they (Oregon swim team) wanted me bad enough," said Cuddeback.

"I thought this would be my last year of swimming so I could concentrate on my music majors but in my first meet I did so good I now have second thoughts," Cuddeback said. "And I'm also glad to be working out with two different coaches, both with such good caliber."

Cuddeback's 22 hours of classes, mostly music, do not restrict her pool time. She works out twice a weekday except on Wednesdays, and twice on Saturday, with one workout on Sunday.

In the national championships at Canton, Ohio, she once took 21st in the breaststroke and missed the Olympic trials by 2/100 of a second.

"I would say she is one of the best breaststrokers in the Northwest," said Van Rossen of the swimmer who holds Duck records in both the 200 and 100 yard breaststroke.

She stands only 5-4, but insists "height is not as important as strength. In fact, most breaststrokers are short and stocky."

"I started swimming when I was three and a half and at seven my mother took me to a meet," said Cuddeback. "I didn't like the sound of the loud gun."

"Eventually I started competitive swimming at eleven and at fourteen was in my first AAU national. I loved athletics but had problems with my feet so swimming was the only alternative."

Now, six national meets later, she has learned how to prepare herself for a meet.

"I always get myself going but I always have been a worrier and that has psyched myself out. Once I get to the nationals I think 'I am here because I earned it.'"

But Cuddeback, in the end, sums up her success in one simple sentence. "I never say I got to do it, I only say I can do it."

With that, she goes off to a busy schedule. This time it is music.

How Evelyn Wood Reading Dynamics gives you a competitive edge in school.

School at any level means reading . . . lots of it. Keeping up with thousands of pages can take a heavy toll in time and energy, and grades. If you're typical, you read 150 to 350 words a minute. But how do you get ahead of the rest?

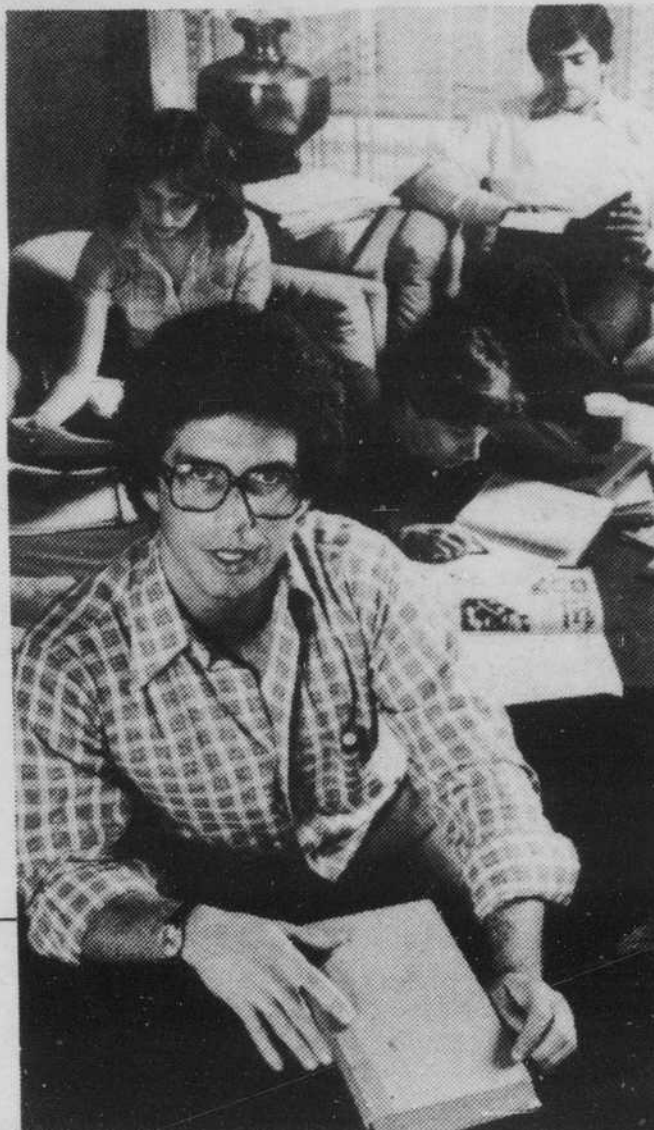
Evelyn Wood can triple your reading rate and improve your comprehension and study skills.

Hundreds of thousands of students use the Reading Dynamics Method. They find reading less of a chore. Concentration and retention improve, which can lead to better grades. A competitive edge is important . . . too important for you to delay.

Prove it to yourself today!

Whether you're thinking of grad school or the job market, or if you want to keep up with course reading today, let Evelyn Wood Reading Dynamics give you a competitive edge.

In fact Evelyn Wood guarantees that you will triple your reading rate if you follow the course correctly, or your full tuition refunded. That's our competitive edge.



Attend a free
Evelyn Wood Mini-Lesson® at:

EUGENE HOTEL

222 East Broadway

TODAY AND TOMORROW

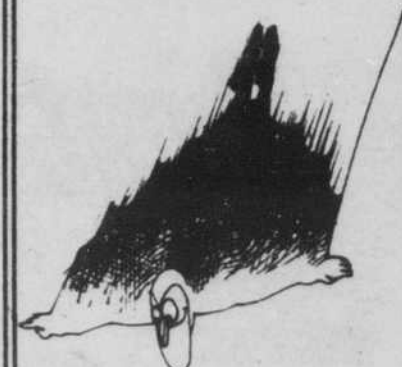
4 p.m. and 8 p.m.



**Evelyn Wood Reading Dynamics.
The Competitive Edge.**

Copyright 1977 Evelyn Wood Reading Dynamics, Inc.

Out of the darkness, The
Throbber strikes.



Heart Throbs
February 14.