

The **RECORD** **TIMES**

MONTHLY NEWSLETTER FOR THE MEMBERS OF DAVIS AQUATIC MASTERS



Davis Aquatic Masters
P.O. Box 921
Davis, CA 95617
www.damfast.org
(530) 757-SWIM

April 2006

Coach's Corner

By Head Coach
Rick Powers

DAM BOARD IN ACTION

This year's DAM Board of Directors is the youngest ever and, if the latest decisions are any indicator, the most proactive and dynamic in many years. Last month the board approved a name change for DAM. To acknowledge the contributions of the Latino population in California, DAM will now be known as Davis Aquatic Masters Nadadores. Henceforth the team acronym will add an N on all caps, t-shirts, etc.

The board of directors has also designated the 11 am workout a swimsuit optional session but only during the summer months, May-September.

Finally, in a real coup for DAM, the new Tsunami Wave swimsuit manufacturer has agreed to be a DAM sponsor! As of June 1st, all DAM swimmers will be required to wear the top of the line, wrist to ankle, high tech Teflon and asbestos fiber suit at all practices and meets. DAM board members will each receive an annual \$1,000 stipend from the Tsunami Wave Corporation and DAM swimmers will be entitled to an automatic 4% discount off of the \$600 manufacturer suggested retail price. This suit is guaranteed to reduce drag and make your times TEN seconds faster per 100 yards.

(April Fools)



Swimming
Soft, wet, silent, water
Soothes me, strengthens me
I'm happy and at home,
Swimming
By Stephanie Koop

\$10 off for DAM members
(First-time clients)

**Certified Therapeutic Massage
Swedish/Sports/Neuromuscular
by Zann Gates (DAM member)**

- 14 years experience
 - 1000+ hours of training
 - Member Associated Bodywork and
Massage Professionals
 - Licensed by the City of Davis
- \$60 per hour - \$50 your first session**



Tired, sore muscles?
Aching shoulders?
It's time to thank your
body for all the hard
work!

Email: zanngates@yahoo.com

Phone: (530) 297-5440

Located 3 blocks from Civic Pool
Stress Reduction - Sports Maintenance -
- Injury Relief -

March Meet Results

Congratulations to Susan Munn and Andy McPherson for their performances at the Strawberry Canyon meet in Berkeley. Susan placed 1st in the 200 Free, 500 Free, 100 Back and 200 IM. Andy placed 1st in the 100 Free and 100 Fly. Way to go DAM swimmers!



**UPCOMING
EVENTS**

April 7-9: new date for the PMS Short Course
Championships in Pleasanton

June 3rd: Berryessa Open Water Swim

August 4-11: World Masters Championships at
Stanford

Oct. 11-28: Trip to Singapore and the Philippines

Workout Schedule

MONDAY - FRIDAY

Civic Center Pool

Russell & B Street

6:00 am - 7:00 am

7:00 am - 8:00 am

10:00 am - 11:00 am

11:00 am - Noon

Noon - 1:00 pm

1:00 pm - 2:00 pm

6:15 pm - 7:15 pm

7:15 pm - 8:15 pm

Arroyo Pool

(Monday through Friday)

5:45 am - 7:00 am

SATURDAY

Civic Center Pool

7:30 am - 8:30 am

8:30 am - 10:00 am

10:00 am - 1:00 pm

(lap swim)

SUNDAY

Civic Center Pool

10:00 am - 1:00 pm

(lap swim)

DUES INFORMATION

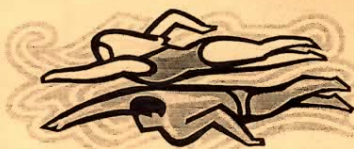
\$40 per month, due on the 1st
(\$5 late fee added after the 7th)

\$35 for senior swimmers 65 or older.

\$2 fee added to non-automatic
withdrawal payments

Make checks payable to DAM and
leave in slot at the pool or mail to
P.O. 921, Davis, CA 95617

Leave of absence fee is \$2 per month
(reserves priority number). Notifica-
tion must be made to Treasurer by the
15th for leave to take effect in the fol-
lowing month.



Lake Berryessa 2006: A 25th Silver Anniversary Event By Laurel King - Race Director

The 25th year! Can you believe it? It is time to celebrate!! We are busily preparing to make this one of the most well-attended races ever. This is our primary fund-raising event so everyone that can participate and swim is encouraged to do so. I have been spending some time re-contacting our area coordinators and I am happy to say that most will be coming back! Thank you all again!!

Area Coordinators Volunteers Needed

Raffle/Giveaways - Give prizes out when someone comes up with their prize ticket. The raffle this year will be done as a person registers for the swim. Those who pre-register will automatically be eligible for the raffle. The prize winner will go to the raffle table and collect the prize.

Shuttle Bus Coordinator- Coordinate and reserve the shuttle buses to and from the swim event for all Berryessa volunteers.

Clean Up- Clean up is always a group effort but we need someone to be responsible for recruiting volunteers specifically to stay at the site until it is cleaned up.

Balloon Arch Setup- This involves pre-ordering the balloons and being at the event early to set up the arch.

Small Supplies - Collecting and gathering small supplies and distributing them at the event.

Theme Director- Responsible for decorating the venue, but with a limited budget. This is the 25th anniversary, so this job is a fun job to have!

Please go to www.damfast.org On the home page you will find a link to sign up as a volunteer. There are also forms at the pool that you may fill out as well.

I am looking forward to working and playing with all of you. More updates will be in the next newsletter!

Lake Berryessa Race Director

To Volunteer for Area Coordinators: Contact Laurel King,
laurel@outdoormind.net, cell 530-304-3108

Volunteers: What to help this event be a success?

Contact: Volunteer Coordinator, Julie Langston
julie_langston@sbcglobal.net

Welcome New Members!!

Sandra Aamodt
Richard Below
Sean Bertain
Benjamin Bimson
Joyce Bimson
Amy Black
Vanessa Carmean
Shelby Frago
Ryan Friedman
Judith Lee
Cheryl O'Donnell
Bryan Pro
Leah Quenelle
Joseph Tenney
Candy Wong

Roy Sachs 4/1
Nancy Foster 4/3
Katie Liu 4/3
Zann Gates 4/3
Laurie Perry 4/4
Devin Mahrer 4/4
Laurel King 4/6
Emily Harris 4/7
Teryn Kravitz 4/7
Lynn Narlesky 4/7
Douglas Brewer 4/8
Judith Lee 4/8
Erik Vink 4/9
Jackie Hausman 4/10
Stephanie Hoftzyer 4/10
Edie Schwartz 4/10
Bob Crummey 4/12
Paul Landes 4/12
Sheryl Shook 4/12
Christy Richardson 4/13
Rebecca Detrick 4/15
Andrea Hermeline 4/15
Jane Higgins 4/16
Jennifer Bolich 4/17
Mike Cuckovich 4/17
Becky Smith 4/17
Ellyn Derby 4/18
Eric Engelhard 4/18

Happy Birthday this Month to...

Anthony Cristo 4/22
Pia Johnson 4/22
Natasha Stanke 4/24
Joyce Bimson 4/25
Don Veress 4/25
Ximena Bustamante 4/26
John Conklin 4/26
Lauren Gustafson 4/30

President's Message

President's Message for April By Andy Nonaka

The DAM Board and Coaching staff want to express our deepest gratitude toward Laurel King. Laurel is this year's Berryessa Race director, and the board would like to encourage everybody to help out in the volunteer effort. Please sign up to volunteer early to make our race director's job as easy as possible!

The PMS Championships are April 7-9 in Pleasanton. Good luck to all the DAM swimmers who will be competing. With a great amount of pride, I look forward to being part of the largest team DAM has fielded since I joined the club.

Swimmer of the Month

Julie Langston

Julie Langston is one of April's Swimmers of the Month! Julie's swimming career began when a friend recruited her to be a water polo goalie in high school. She first joined DAM while in college, and then returned when she moved to Sacramento in 1988. Julie's favorite workout is the 10am practice, as she enjoys the sun and finds inspiration in the senior swimmers. She also enjoys long course season, because she says her "flip turns are not that great and she just loves swimming for a while before having to turn around." With variable effort on her part, the coaching and motivation provided by other swimmers and DAM coaches, she is proud to have maintained her times for over 20 years. She uses swimming to gage her health and fitness, because as Julie says, "the clock doesn't lie." Through DAM, Julie met both her husband Gregg and her best friend. Because she feels it is always important to give back to things that have been a big part of one's life, she served on the DAM Board of Directors and has been an active Berryessa Swim volunteer. On a final note, Julie just wants everyone to know that she really enjoys DAM and appreciates the recognition for her contributions. Way to go, Julie!

Kerry Halsted

Kerry Halsted is another one of April's Swimmers of the Month! Growing up in Carmel Valley, Kerry started swimming on teams in Monterey and Salinas at age 7. She continued her swimming career while in college at Stanford and UC Davis. Kerry joined DAM after graduating from UCD in 1985. She has been an active member of DAM for over 20 years and says that it is the nice people and good workouts that keep her coming back. Kerry is a regular at the 5:45 am Arroyo workout. This is her workout of choice because she enjoys the group of swimmers, Stu's great workouts, and it gets her day off to a great start! Kerry's family also shares her love of the water. Her husband Lance, is one of her favorite lane mates, and their three children are all members of the Aquadarts. DAM helps Kerry to stay in decent shape, and allows her to stay faster than her kids. Coach Rick cites Kerry's swimming consistency and her willingness to always lend a hand at practice as prime characteristics of a DAM Swimmer of the Month. Congratulations, Kerry!



Caffé Italia is the proud sponsor of DAM's Swimmer of the Month. Recipients will receive a gift certificate for 2 meals at Caffé Italia.

Davis Real Estate Market Update for January and February

2005 - 2006

of sales 55 42 -24%

Average sales price \$552,000 \$635,000 +15%

Average days on market: 31 52

About 90% of my business comes from referrals: past/current clients, friends, and business associates. If you ,or anyone you know, need the services of a full-time real estate professional, please contact me. Thank you.

***Integrity,
Service & Results
Personified***



Edwin Y. Maeda, REALTOR
Coldwell Banker-DARE
505 Second St., Davis, CA. 95616
(w)530.750.7539
(m)530.220.4520
Website: www.edmaeda.com

Treasurer's Tips
By Valerie Greenough

The groundhog was right! Back in February Puxatawny Phil forecast six more weeks of winter. But the cold, rainy weather won't last forever. And with the return of the warmer weather, more swimmers will show up for each workout.

When more people show up than can be accommodated, the coaches have the option of instituting that "DAM" priority system. The system is based upon each member's priority number. At each workout, those who are assigned to that workout have until five minutes after the start of the workout to get in the water. After five minutes, the assigned swimmers lose their priority and others may get in based on first come, first serve. To assure the best chance of not being turned away, be ready to get in the water on time.

The priority numbers and workout assignments are on our website, www.damfast.org, and are in a binder at Civic. If you did not have a low enough number to be assigned to your top three choices, you are listed on the Unassigned list. New members are listed after the workout assignment pages. If you would like to change your choices, or other information (like email or address), please use the Change of Workout Request Form found in the front of the binder. If I have made an error, please contact me at damswim@dcn.davis.ca.us or 757-SWIM.

Board of Directors

Andy Nonaka	ajnonaka@ucdavis.edu
Rick Moss	fs moss@iname.com
Ken Franke	kenfranke@sbcglobal.net
Niki Kalaf	ngkalaf@ucdavis-alumni.com
Nathaniel Leachman	ntleachman@ucdavis.edu
Matt Henry	mjhenry@fastmail.us
Tovah Skiles	tovahskiles@hotmail.com

Coaching Staff

Head Coach

Rick Powers rpswimmer@hotmail.com

Assistant Coaches

Ahelee Sue Osborn	Indy Colbath
Stu Kahn	Christy Richardson
Kim Callaghan	Bryan Pro
Matt Henry	Michelle Fong
Vivian Snyder	

Treasurer

Valerie Greenough damswim@dcn.davis.ca.us

Newsletter Production

Editor

Layout and Design

K. Nichols nichols_kate@yahoo.com

Webpage Design

Fernanda Rosa mailbox@fezocaonline.com

Super
Wet
Individuals
Meeting
Moving
In
No
Gravity
By Stephanie Koop



In Memory

Doris Mudgett Diemer, a long time DAM swimmer at the 10am senior workout, died on Feb. 6, 2006. Doris was born in London in 1926 where her father was on sabbatical from the University of Minnesota. Both of her parents were college professors. Doris graduated from Wellesley College in 1947. She had advanced degrees from the University of Chicago and Wayne State University. She worked as a clinical psychological therapist. Doris was credited with restoring the Davis League of Women's Voters chapter when it had almost become moribund. In retirement she became a water colorist and won several prizes with her paintings. Her younger daughter said that she never knew a time when her mother did not "love to swim."

OTHER DAM NEWS...

Summer Long Course Training Schedule at Schall pool on campus JUNE 13 and 15 one practice from 6:30-8 (no free parking). Normal T/TH evening practices are at Civic.

From June 20-August 3, all T/Th evening practices will be at Schall. They will be 2 one hour sessions at 6:30 and 7:30PM. Swimmers doing the 6:30 are expected to help put in the lane lines and flags 15 minutes before the session and swimmers doing the 7:30 must help to remove the lane lines after practice. There will be no T/TH evening practices at Civic during this period. Swimmers planning on participating in the World Championships should try to make the less crowded 7:30 practice.

Stroke Clinic dates: May 13 - Freestyle, May 14 - Backstroke, June 10 - Butterfly and June 11 - Breaststroke. Clinics are held at Civic Pool from 1:00 - 2:30 PM. Cost is \$3 for DAM members

Dam Honor Roll

2005 Long Distance All American
45-49 age group, 1-3 Mile Swim
Ahelee Sue Osborn

USMS Top 10 for Short Course Meters
18-24
Ben Fell-3 events, Matt Henry-1 event, Matt Roper-5 events
25-29
Andy Nonaka-5 events
30-34
Brad Winsor-2 events
35-39
Ernie Hoftzyer-1 event
40-44
Kerry Halstead-1 event
55-59

60-64
Betty Dugan-2 events
65-69
Susan Munn-6 events
85-89
Steve Carlson-4 events

DAM has 2 health club partners: PEAK PERFORMANCE and PHYSICAL EDGE. Members who join one of these clubs pay \$30 to both DAM and the club, a substantial discount from the regular rates.

PEAK PERFORMANCE

2795 2nd St. 759-7746

PHYSICAL EDGE

1970 Lake Blvd, Suite 4, 753-9355