

The Record Times

April 1993

Volume IV, Number 4

Davis Aquatic Masters, P.O. Box 921, Davis CA 95617

Coach Don Leaves DAM

After 10 years of coaching with the Davis Aquatic Masters, Assistant Coach Don Veress has decided to move on. He accepted a position at Egotech doing graphic illustration. The vice President of Egotech, a masters swimmer himself, was visiting a friend in Davis and stopped by DAM for a workout. "I saw Don's amazing artwork on the board and realized we needed his talent in our organization.

"I'm really excited about the change" Don said. "I'm so tired of pulling pool covers and listening to people complain about swimming butterfly." Don left despite no increase in salary. He signed a multiyear contract

said to be worth over 1.2 million a year, but also includes some performance incentives and a signing bonus. "It's really not much better than the deal I had with DAM, except I get an office with a heater in the winter and air conditioning in the Summer.

DAM will be seeking a new Assistant coach and is hopeful of finding a good one in the Coaching Draft coming up next month. "I'm a little worried about finding a top prospect because we pick pretty late in the first round, but we are considering trading Substitute coach Greg Matthews for an earlier choice." Head Coach Michael Collins was reported as saying.

Smokers OK With DAM

Because of loop holes in our non-profit private organization status, we have been able to avoid the new City of Davis ban on smoking. Swimmers **WILL** be allowed to smoke during practice. Smoking swimmers are encouraged to bring their own, unbreakable, elevated, ashtray to keep poolside (so their cancer stick won't become extinguished from some sloppy flip turn). However, swimmers **WILL** be required to make all intervals. For every missed interval, smoking swimmers must eat their cigarette and swim the next repeat butterfly with no breath.

Keep on smokin'-n-swimmin.'
The DAM Board of Directors

Lake Berryessa Update

Thanks to all the rains we have had this winter, we are expecting to have much better conditions at Lake Berryessa this year than we have had in the past few years. We are expecting a big turnout again this year, hopefully well over 800 swimmers. DAM, in association with Davis Aquadarts, has introduced a youth one mile swim this year, in hopes of encouraging family participation at the event. We have moved the swim to a Saturday this year, so families can come up and spend a relaxing day at the lake, and even camp out if they wish.

To make this a success, we need your help. This is DAM's one big event each year, and it has become the most popular open water swim in Northern California because it has been run so efficiently for so many years. It cannot be done without volunteer help. Volunteer sign up was down this year, and there are still many, many positions available for you to help. Volunteer sign up sheets indicating the areas still in need of help have been attached to your spring re-enrollment forms. If you did not fill one out with your winter re-enrollment, or if you did and have not been contacted by a committee chairperson yet, please take a moment and fill it out and return it with your spring re-enrollment form.

Please take a look at the list of committee chairs (on page 4) and give them a call if you would like to help in their area, or call Melissa Beaty or Greg Matthews if you would like to volunteer wherever needed. Mark Saturday June 5th as a DAM volunteer day and come up to the lake, enjoy some great competition and help your club!

DAM Hours

Workouts

Civic Center Pool

Monday-Friday

6am	noon
7am	1pm
8am	7pm
10am	
11am	

Saturday

Intensive: 8:30-10am

Sunday

Technique: 8:30-9:30

Community Park Pool

Mon-Fri: 6:15pm

Lap Swim

Civic Center

Saturday & Sunday

11am-1pm & 5-6pm

April Workout Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stroke/IM	Sprint/Fins	Mid Dist.	Stroke/IM	Distance	Intensive	Technique

Continue To Pursue Your Goals - Holistically

Calling all fair weather athletes - come out and play! Yes, that's what Spring-time means to a lot of us. The best workout conditions of the year. Are you all fired up to make swimming a part of your daily routine again?

BEWARE of overdoing it though. If you haven't been regular in your attendance the first few months of the year, you are at risk of becoming sick, injured, or overly fatigued (either physically or mentally) if you increase your yardage or other forms of exercise too quickly. But what does this have to do with my goals, and what the hell does holistic mean?, you ask

Coach's Column by Mike Collins

First off, your goals. Did you set any fitness goals at the beginning of the year? A recent study done on goal setting showed people who made specific goals and told someone else about those goals achieved a higher percentage of their goals than people who didn't set any goals or people who set goals but never told anyone. After writing a column on goal setting in the February newsletter I received 30 goals sheets (not a great turnout out of 400 members). I was impressed with those I did receive, though. The goals turned in for the most part seemed objective, reasonable, and positive. Some were even funny. My favorite goal was by Renee Paige: "Butterfly; 100 yds. full stroke (no cheating, no whining, no passing out) Time: Not important." If you haven't turned in any goals it's still not too late. We have blank goal sheets at the pool in the workout binder - just ask for one!

For those of you who did set goals, how's it going? Do you remember what they are? (Many turned in their original and I wonder if they kept a copy). Are you actively pursuing those goals? Are you reminding the coaches of what they are?

The best way to achieve goals

DUES INCREASE: President's Message - Larry Olson

At the March 3, 1993 Board of Directors Meeting, the Board voted to increase the D.A.M. monthly dues to \$30.00 effective July 1, 1993. This decision was made after a series of discussions over the past three months in which we examined the annual budget and dues structure at every level. The conclusion was that in order to maintain the level of services we presently enjoy without having to depend on uncontrollable income such as Berryessa and other fund-raisers, we needed to increase the dues. Even with this new increase, D.A.M. continues to enjoy one of the lowest rates in the country.

The dues have remained stable for the past three years even though we have operated with a negative budget this past year. A \$5.00 increase in dues should eliminate a series of smaller raises over the next few years and allow us to meet our obligations comfortably. The Board anticipates increased expenses related to City of Davis pool fees and staff cost of living raises, yet we are optimistic that with a little help from each member we can recruit enough new members to support the club at sufficient levels. So please take every opportunity to talk-up the benefits of swimming Masters with your friends and acquaintances, and make an attempt to recruit new members to help maintain a strong club.

is holistically - mind & body working together. Goals are achieved through CONSISTENT positive action (however slight it may be) toward achieving the goal. It shouldn't be an "on-again, off-again" thing. Trying to keep motivated mentally and fresh physically is extremely challenging. Yes, there is more involved in achieving your swimming goals than just swimming. You need to be well organized and plan ahead in other aspects of your life to allow you to pursue your goals consistently. Do you schedule swimming to coincide reasonably with work, classes, study, or family time? Do you plan to swim at 6 or 7 am but consistently go to bed after 10 or 11? If you do, you are likely setting yourself up to miss workouts due to physical or mental burnout, causing inconsistent attendance (on-again, off-again pursuit of goals).

Diet is another area often neglected which greatly affects one's pursuit of their goals. A healthy diet including high carbohydrates and low fat are essential to keeping your motor running clean. How often do you skip a meal during the day and then find yourself weak and unmotivated at practice? Eating healthy meals and snacks regularly will definitely contribute to a more consistent pursuit of your goals.

Finally, your mental attitude can significantly affect your success in attaining your expectation. Do you come to workout prepared to try hard, or just kind of drag in with all your other problems and responsibilities weighing you down? Even if you

aren't feeling that good, try to turn things around by coming in with a positive attitude, ready to work, learn, and improve. I love to hear the excited chat in the locker room of people who did what was asked in workout even though it was especially hard, verses the complaining of those who gave up and got out. Do you get in on time and use the 8-10 minutes before announcements to get in some warmup, or just stand around on the deck and shoot the bull, complaining about the water temp, or that it is distance day, on even that the sky is blue, anything to avoid getting in? By doing 300-500 yards before the announcements will allow you to swim faster overall for a longer percentage of the workout. You might be more tired at the end of workout, but it sure feels nice with the sence of accomplishment felt from completing a tough workout.

I hope these ideas will help you stay on track to reaching your personal goals and performance potential.

USMS/Finals 1992 All Stars

Two DAM swimmers have been recognized as USMS All Stars (male and female swimmer selected in each age group base on the most number one rankings in the USMS Top Ten in their age group) **Anna Pettis-Scott** received the award for 25-29 women, and **Andrew McPherson** was the 45-49 men's recipient. Congratulations to both for outstanding swimming in 1992!

A Field Guide to North American Lane Birds by Chris George, Westside Masters

The Quick Counting No-Rest

When a rest interval set (as opposed to a send off interval set) is given, this annoying pest cleverly utilizes the old childhood counting method employed during games of kick the can and seek and the like: "10 seconds" of rest thus becomes "wundatheetorsevntaitnineden!" This has the effect of screwing up the whole lane and getting the coach mad.

The Migrating Caboosebird

Failing to realize that each lane has 50 yards of usable swimming space (2 sides x 25 yards each side), this clumsy, oafish creature might begin a set going 5 or 10 seconds apart, but the end of three or four repeats has migrated to within 2 inches of the feet of the person in front of him. (This, by the way, demonstrates his highly developed "dragging" skills, as when his feathered cousins, flying south for the winter, form up in "V's" to use the slipsstream of the bird in front.)

The Four-Dimensional Know-it-All

Making novel use of the fourth dimension-time, this noxious variety will unilaterally alter his assigned interval, without first consulting his coach or lanemates. He soon is flying in his own world, completely disconnected from the rest of the lane - until he abruptly crashes into someone who's stayed on the assigned interval.

The Dim-Witted Gooney Bird

This wise guy is a close cousin of the Four-Dimensional Know-it-All, except that where the Know-it-All acts out of a belief in higher intelligence, the Gooney acts out of sheer ignorance. Never thinking for a moment that he might not have Clue #1 about what interval or set he's on, the Gooney intently looks at his watch, doesn't check around him, and pushes off - or maybe he doesn't look at his watch; it makes little difference.

The Wide-Bodied-Wall-Blocker

Rather than moving to the extreme left, this bird likes to roost directly in front of the "T" marking at the end of the lane, both during the middle of a repeat and when finishing an effort. This, naturally, makes him an easy target for the final bird on our list.....

The Predatory Etiquette Stickler

This bird likes nothing better than "reminding" others in his lane about their breaches in swimming savoir faire; these reminders never take the form of polite words, but rather comprise of the violent flip turn, the steamroller swim-over, the killing scowl, or the sarcastic remark.

A DAM BIG Welcome to New and Returning Members

Jack Gunion
Brian Carlisle
Doug Smith
Chad Dyer
Janell Hampton
Antoinette Marsh
Conkrite Barrone
Kaethe Glasbrenner
Derek Merrill
Dana Chalmers

Maribeth Hutson
Chrissy Schultz
Kristen Jones
Ellen Damaschino
Dana Simon
Beth Skorey
Steve Cohan
Vincent Fong
Petra Heiser
Gene Martinez

Swimmer Of The Month

April Swimmer of the Month, Gail Eaton, joined DAM five years ago while doing her undergraduate work at UC Davis. She has displayed an ideal workout attitude since joining DAM, and has become a regular 11am swimmer. She is always ready for a challenging workout and encourages her lane mates to swim their best. Gail is a distance swimmer who loves sets with descending intervals. Last year, she swam the 2 Mile at Lake Berryessa and stayed after to help with the clean-up. She also attends more social activities now that she is finishing up graduate school. Many DAM swimmers have enjoyed Gail's incredible chocolate chip cookies at picnics and barbecues.

Gail has not let a recent back injury prevent her from keeping active. Mike and Don are both very impressed with her continuing positive attitude at the pool despite her injury, and Gail has commented that she appreciates their assistance and encouragement when her back hinders her swimming.

Currently, Gail is writing her thesis for a Master's degree in Geochemistry at UC Davis. Her research has included examining the insides of mine shafts three hundred feet deep into the earth! Upon completing her master's thesis, Gail plans to do geology consulting. When she is not writing her thesis or swimming, Gail loves to scuba dive, hike, travel, and cook.

Keep up the great attitude at workout, Gail! DAM wishes you lots of luck in the future!



GAIL EATON

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Lake Berryessa Committee Chairs

<u>COORDINATOR</u>	<u>AREA</u>	<u>PHONE</u>
Rebecca Owings	Registration	756-5427
Jennifer Blake	Sponsorship	758-6736
Robert Norris	Parking/Shuttle	756-6833
Chrissy Chichester	Land Set-up	678-9683
Brandon Friedman	Water Safety	753-8368
Marnelle Gleason	Awards	753-9331
Ed Damel	Course Set-up	758-5468
Andy McPherson	Clean-up	753-0307
Mumalay Brown	Refreshments	758-6614
Cathy Carr-West	Entry/Results	758-3801
	Mailings	
Julie Meadows	T-Shirts	756-1610
Carol Lawson	Finish Line	753-3209
Julie Langston	First Aid	756-5214
Roswita Norris	Race Bags	756-6833
Dave Kelly/Lisa Meng	Equipment	756-2173
	Transportation	
Bill Collins	Publicity/Photography	756-1537
Chris Oshiro	Announcer	(510) 530-6901

Treasurer's Tips:
Barbara Paulson

Did you know that there are bulletin boards with information for all D. A. M. members. The boards to your left as you enter the Civic Center Pool area has all sorts of interesting and/or useful information on it. There are often newspaper or magazine articles about some of our members. There are general notices to all members posted there. There is often meet or D. A. M. competition information posted. After each of the board meetings a rough draft of the minutes is posted. Also posted each quarter is a list of members, their priority numbers and what workout they are assigned to. If your name is not up there, and you believe that you have properly reenrolled, you should check with me 756-4234. It may mean that I didn't get what you sent, or you did not send what you were asked to on time. In either case you would not be re-enrolled. This could mean the loss of your priority number, or if it was thought that you were trying to swim without paying your dues, you may not be allowed to swim until the problem is cleared up. It is to your advantage and your responsibility to check the board each quarter to find out what your priority number is and to check for sure that your name is up there. There are several lists that are posted just before the beginning of the quarter.



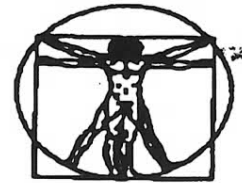
SCUBA Marilyn 447-5208

CLASSES FOR MEN & WOMEN
FOUR CLASSES MONDAY WEDNESDAY
OR TUESDAY THURSDAY 7-10pm
EXECUTIVE CLASS WEEKEND & DIVE

DAM SWIM SHOP

We currently have a limited supply of the following items in stock. They are available from Coach Mike or Don at Civic Pool.

<u>Item</u>	<u>Cost</u>
Caps	
Blue w/ White Logo	\$3.00
White w/ Blue Logo	\$3.00
Special	2 for \$5.00
Goggles	
Speedo Sprint	\$6.00
TYR Racetech Antifog	\$8.00
Swim Suits	
Male Nylon(32 & 34 only)	\$10.00
Male Lycra w/ logo	\$18.00
Female Nylon w/ logo	\$30.00
Female Lycra w/ logo	\$40.00
Nationals Suit Order (Due April 19)	
Male Paper Suit w/ logo	\$30.00
Female Paper w/ logo	\$50.00
DAM Logo Clothing	
Navy Hooded Sweatshirt	\$30.00
Grey sweatpants	\$20.00
Polo shirt	\$25.00



Richard Strohl

Certified Massage Therapist
756-5087
AMTA MEMBER # 15795-4

PROVIDING QUALITY
BODYWORK
FOR EXCEPTIONAL
ATHLETES

Intensive & 10 am NOT for Everyone

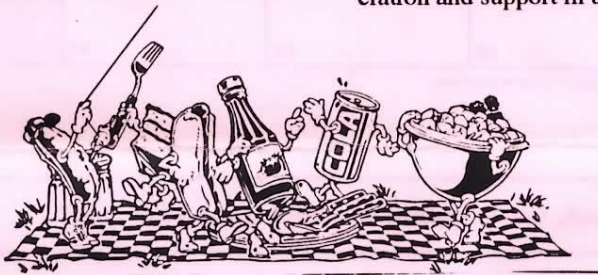
At DAM we strive to meet the needs of our diverse membership. We do this in two ways. One, by offering many opportunities a week to swim, and two, by offer specialty workouts to meet the specific needs of different members. Examples of this are the Saturday Intensive Workout and 10 AM weekdays.

The Intensive workout is not designed for novice level swimmers. It is an Hour and a half workout designed to better condition those athletes who would like to swim a high intensity workout longer than an hour (the length of all of our other coached workouts). However, this workout has become quite popular with several who don't really fit into this category and just look at it as another workout in which they can come in late and leave early. If you would like to swim in the Intensive workout, plan to be there on time (or even a bit early to help with pool covers). The coaches DO give

priority to get in the pool and off the wall lanes to those who help out and those who get in on time. We will not be continuing to fill the lanes to five people if they are not of compatible ability to make the intervals. Remember, there are other options to swimming on the weekends such as 11-1 & 5-6 lap swim as well as the one hour Technique workout, 8:30-9:30 on Sundays.

10 am is another workout time that is being abused by some members. This workout is reserved for the senior swimmers and novice swimmers on the team. We have allowed some others on a space available basis to fill out the pool. However, if you are an intermediate swimmer or above we recommend that you try to avoid this time. The extreme speed differences among the seniors really doesn't allow us to put more than 2-3 in a lane together.

Thanks in advance for your cooperation and support in these regards.



Upcoming Events

Saturday April 17 - UC Davis Picnic Day

Intensive moves up one hour to 7:30 to avoid the traffic. No mid-day lap swim. 4-6 PM lap swim only.

April 23-25: PMS SC Championships @ Stanford

Postmark Entry Deadline: April 12. NO LATE OR DECK ENTRIES

Location: Deguerre Pool Complex, Stanford University

Events: All Short Course events. (See meet sheet posted at Civic)

Details: Entry fee: \$15 for 1-3 events, \$20 for 4-7 events.

Hotel rooms have been reserved at the Holiday Inn by Betty Dugan.

If you would like a room or to share contact her at 758-4685. Please put your name on the sign up sheet at Civic, too.

May 20-23: USMS SC Nationals @ Santa Clara

Postmark Entry Deadline: April 8 to Coach Mike. NO LATE OR DECK

ENTRIES

(Turn entries in to Coach Mike so relays can be made) There are time standards for this event, but everyone can swim 3 events without making a time standard.

Location: Santa Clara Swim Center Cost: \$13 surcharge, \$4 per event

Events: All Short Course events. (See meet sheet posted at Civic)

Details: Hotel rooms have been reserved at the Mariani Hotel by Melissa Beaty.

Doubles (two queen size beds) are \$50, singles (one queen) \$35.

If you would like a room (or to share one) contact her at 678-1034.











FUTURE EVENTS

Date	Event
May	
Mon 31	DAM Memorial Day Intrasquad Meet
June	
Sat 5	Berryessa 1 & 2 Mile Swim
Sa-Su 5-6	Team Camp-out at Lake Berryessa
Fr-Sa 11-12	Walnut Creek Long Course Meet
Sa 19	Lake Sonoma 2 Mile Swim
Su 27	Lake Del Valle 1.5 Mile Swim - Livermore

HAPPY BIRTHDAY!

Roy Sachs	4/1
Ken Kimble	4/2
Bronwen Wang	4/2
Nancy Foster	4/3
Laurie Perry	4/4
Marc Tatar	4/5
Ulysses Ludwig	4/5
John Hansen	4/5
Matt Zinkl	4/5
Jon Lee	4/5
Laurel King	4/6
Lynn Narlesky	4/7
Rosemary Walzem	4/8
Mary Lynn Tobin	4/9
Edie Schwartz	4/10
Shannon McQuaide	4/11
Barbara Vohryzek	4/12
Christa Oberth	4/13
Eric Koide	4/13
Motryja Makarewycz	4/14
Charles Drost	4/15
Elfrieda Sauers	4/16
John Wallace	4/19
Anne Hickman	4/20
Brian Carlisle	4/20
Anthony Christo	4/22
Doris Michael	4/23
Karen Newsom	4/23
Don Veress	4/25
Jennifer Gerber	4/25
Mike Lewis	4/27
Christine Minohara	4/30

April DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Distance 20 x 1,000 Fly April Fool's Day!  1	Stroke/IM 2	Intensive 8:30 am Lap Swim 11-1 DAM Swim Clinic @ UC Davis Time Change "Spring"  3
No Technique Workout Lap Swim 11-1 DAM Short Course Meet @ UC Davis  PALM SUNDAY 4	Stroke/IM 8 AM Workout at Civic Begins! (Through June 18) 5	Sprint/Fins 6	Middle Distance DAM Board Meeting 7 PM  7	Stroke/IM 8	Distance GOOD "STROKE" FRIDAY 9	Intensive Workout 8:30 am Lap Swim 11-1 & 5-6 Begins 10
Technique Workout 8:30 Lap Swim 11-1 No 5-6  EASTER 11	Stroke/IM Postmark deadline for PMS Championships (No Late or Deck Entries)  12	Sprint/Fins 13	Middle Distance 14	Stroke/IM 15	Distance Picnic Day  16	Intensive 7:30 am No 11-1 Lap Swim 4-6 pm only Picnic Day 17
Start & Turns Videotaping Technique Workout 8 AM Lap Swim 11-1 & 5-6  18	Stroke/IM 19	Sprint/Fins DHS MEET 6:15 PM WORKOUT @ CIVIC CENTER 6 PM 20	Middle Distance PMS Meeting  21	Stroke/IM DHS Meet 6:15 PM Workout @ Civic Center 6 PM  22	Distance Pacific Masters Swimming 23	Intensive 8:30 am Lap Swim 11-1 & 5-6 pm 24
No Technique Workout Lap Swim 11-1 & 5-6 PMS Short Course Championships 25	Stroke/IM 26	Sprint/Fins 27	Middle Distance 28	Stroke/IM 29	Distance 30	

Created with CalendarMaker™ 3.0 by Michael Collins

Quote of the Month - "He who chases monsters, best look, that he himself does not become a monster."



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