

Coach Collins Receives PMS Coach of the Year Award

Congratulations to Davis Aquatic Masters Head Coach, Michael Collins, for being named the 1992 Pacific Masters Swimming Coach of the year! The award was presented to Collins at the PMS Long Course Championships held in Santa Cruz on July 25. The award is quite prestigious since Pacific Masters Swimming is the largest chapter of Masters Swimming in the nation with 70+ teams and over 6,000 swimmers, and others. There are several criteria evaluated in choosing of the coach of the Year, (see PMS Coach of the Year Evaluation p.7.) and all of us at DAM are DAM proud that Coach Mike was chosen. Keep up the good work Coach!

PMS Championships DAM Sets Santa Cruz on Fire!

The Davis Aquatic Masters had one of their most successful long course meets ever as they won the medium size team division, set a new U.S. Masters national relay record, and had four age group high point winners at the Pacific Masters Swimming Championships held at UC Santa Cruz, July 23-25. 12 DAM swimmers participated in the event and all scored points to help Davis bring home the team title.

DAM won the medium size team division (9-14 entries) with 701 points. Second was Los Altos Masters at 553, and the host team, Santa Cruz, was third with 502.

On their way to winning the team title, DAM set a new Untied States Masters Swimming National Record in the Mixed 400 Freestyle Relay. Chris Morgan, Michael Collins, Christine Schultz, and Jennifer Norris combined time of 4:22.10 broke the old 76+ age group record of 4:23.58 held by Santa Cruz since 1989.

In addition, DAM had four swimmers who finished as Age Group High Point winners. Schultz and Morgan dominated the female and male 19-24 division, Collins claimed the 25-29 male division, and Andrew "The Taz" McPherson owned the 45-49 male division.

Additional outstanding swims came from Jennifer Blake (see Outstanding Performance Award) and Lisa Strampach who each set new personal best times.

"I'm very excited with how well the meet went!", Head Coach Michael Collins said. "We overcame the tough conditions and really had a strong first day in the distance events, despite the hot water. We never really let up. Everyone swam fast and scored high even through the last day. Our relays were extremely strong which also aided in the victory."

Collins is already thinking about the next meet. "I think this meet has set us up well for the U.S. Masters Nationals next month in Minneapolis. We will have a lot of momentum going into that meet. We have 10 people going to that meet, which is really big for an event that far from home. The facility is much nicer in Minneapolis. It's indoors and very well climate controlled. In Santa Cruz the water was much too hot at 85° the first day. Most people are a bit sluggish when it gets that hot and the times definitely get slower. It got down to about 82° by the last day, but normal racing water is 78-80°. Also, We have just begun our taper. I think everyone will feel much fresher and snappy at nationals."

DAM Hours

Workouts

Civic Center Pool
Monday-Friday

6am	noon
7am	6pm
10am	7pm
11am	

Saturday

Intensive: 8:30-10am

Sunday

Technique: 8:30-9:30

Lap Swim

Civic Center
Saturday & Sunday
11am-1pm

A DAM GOOD FOURTH!

Christine Cipperly and Stan Dundon again donated their B Street yard for a DAM party. About 50 people, representing new and old members of the team, came to talk, eat, talk some more, and then walk up to Community Park to watch the fireworks display. Everyone had a great time!

Thank You Stan and Christine and Family!



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

Thanks for the Support

Another award received - PMS Coach of the Year. What does it represent? It is recognition for hard work and outstanding accomplishments. But did I do it? Yes, some of it. I planned the different seasons, wrote the workouts, encouraged people to excel, volunteered to run meets & clinics and worked with the PMS Committee. But I certainly didn't do it alone. I feel I received this award on behalf of the efforts and accomplishments of our entire program.

Coache's Column
by Michael Collins

Congratulations should be spread throughout the club, starting with Assistant Coach Don Veress, who certainly is a vital part of the success of DAM. Don covers so many workouts over his scheduled allotment, often working seven days a week to cover for an out of town coach or lifeguard. Don also contributes his time and energy for projects outside of coaching for the benefit of the club, like overhauling the bulletin board at Civic, and of course drawing AMAZINGLY creative & colorful pictures on the marker board. I just enjoy his sense of always having something bizarre to say to make you look at life from a different perspective. I think we all need that variance from the norm to keep us feeling alive.

Kip Freytag, Michael Neasham, and Greg Matthews have also contributed to the coaching machine, by becoming competent substitute and assistant coaches. I have enjoyed watching their improvement in running workouts and teaching beginners to swim, and I feel comfortable that they will do a good job covering my workouts when I am out of town or at a meeting.

Additionally, the DAM Board of Directors made up of Larry Olsen - President, Rand Schaal - VP & Communications, Mary Horton - Events, Tom McKenna - Equipment, Charlie Plopper - Personnel, Carol Lawson - Management/Finance, & Chris Winn - Membership, have volunteered many hours of their time to keep our club running smoothly and financially stable by taking care of the details most members never even realize exist.

Certainly, it would be hypocritical to talk about the success of our program without recognizing Barbara Paulson. She does far more than just collect the money as the title "treasurer" suggests. I really appreciate how she always seems to deal with tasks or problems swiftly, and with a smile. How pleasant it is to work with people like that!

Finally, you, the membership should be congratulated. You are the ones who really did the work responsible for achieving the award. Thanks to those of you who participated in the Postal Hour Swim, a swim meet, an open water event, or volunteered in some way for DAM.

Let's all be proud of this honor to be recognized by Pacific Masters Swimming as having a truly awesome program! We have a great thing going here in Davis - just ask anyone who has moved away! But we are not perfect. We can still improve. If you have any ideas for improving our club, the board and coaching staff are always open to suggestions. Your input and participation is what will continue to make us the best Masters team in the world!

DAM WOMEN REPEAT AT TAHOE RELAYS

For the second consecutive year the DAM Women's team won the Female Open category at the 11.5 Mile Trans Tahoe Relay Swim. Once again it was a close battle between the DAM and Walnut Creek women. Chrissie Chichester pulled out to a slim lead on the opening leg. On the second leg, Ann Peters fell behind Walnut Creek's strongest swimmer, Susanna Heim. But, that was to be the highlight of the day for "The Creek" as Ann Motekaitis and Ellen Moratti reeled in their 3rd & 4th swimmers and put DAM back in the lead. Melissa Beaty and Chris Winn swam strong 5th & 6th legs to hold onto the lead. The finishing margin was a slim 1 minute, 30 seconds - not much over a race that takes over 4 hours to complete, but more than twice the winning margin from last year.

In addition, the overall 1st place team of USF & DAM FAST included Davis swimmers Brad Winsor and Jeff Pearson, along with open water greats Dan Veatch, Lisa Hazen, & Dean Panzica from USF, and Sandy McDonald of Sacramento rounded out the team. They beat the perennial champions, the Olympic Club, by about 5 minutes!

Finally, finishing comfortably in the middle of the pack was the DAM COED TEAM of Will & Diane Davis, Bronwyn Wang, John Wallace, David Gilmer, & Chrissy "the motorboat" Schultz.

AUGUST SWIMMER OF THE MONTH

by Kit Owen

This month DAM is pleased to salute the immediate past author of this column, Julie Thompson.

Julie has had three very active years with the club. She joined in 1990 after encouragement from her co-worker Joel Lee. Joel knew of her past swimming experience and told her she should join the team and she did. Julie first started with the 7am'ers and was given encouragement from Mary Horton and Roy Sachs. She now swims at 7 pm and has been seen from time to time at other workouts too.

Competitive swimming is something Julie has participated in but more for the enjoyment and the people rather than the prizes. She has done the Lake Berryessa Swim twice as well as some pool meets. During the summer she particularly likes the Long Course workouts in large part because of the sense of team camaraderie among the Long Course Swimmers. Julie confesses that while she swims for fitness, it is the social aspects that keep her coming back again and again.

Julie just graduated from UCD in Spanish and is off to spend a year in Costa Rica teaching English. Afterwards she hopes to pursue a Master's Degree in Applied Linguistics and either teach ESL at a Community college or go abroad again.

Julie says that it may sound corny, but what she will miss most is DAM. We'll miss her too and wish her the very best in her future adventures.

A special thank you to Larry Olsen and Cafe California for awarding complimentary dinners to our Swimmers of the Month.



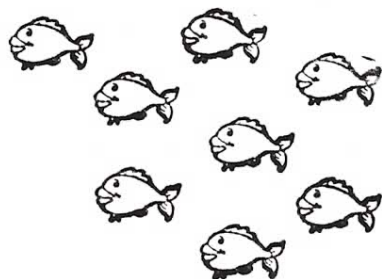
Julie Thompson

808 Second Street
Davis, CA 95616
(916) 757-2766

Lake Del Val
1.5 mile Open Water
Swim
June 27, 1993

Women	Age Group	Time
Ann Peters	30-34	28:52
Chris Chichester	30-34	30:46
Ellen Moratti	30-34	30:52
Chrissy Schultz	19-24	30:52
Melissa Beatty	30-34	32:23
Lisa Strampach	30-34	34:42
Tina Wallis	19-24	36:20
Susan Munn	50-54	39:14
Jennifer Blake	19-24	39:16
Dianne Davis	40-44	39:27

Men	Age Group	Time
Michael Collins	25-29	27:32
Andy McPherson	45-49	29:44
Greg Johnson	35-39	30:40
Rand Schaal	40-44	31:47
Chris Morgan	19-24	32:20
Ted Deacon	40-44	33:07
Will Davis	40-44	38:57
Michael Bey	25-29	39:03
Dave Gilmer	55-59	49:53



Outstanding Performance of the Month

THE FINALS



Jennifer Blake

by Michael Collins
Some Like It Hot!

85° water is enough to slow down most people, but not Jennifer Blake. She seemed to thrive in the tepid water at the PMS Championships in Santa Cruz as she set 5 new personal best times! Starting the meet off with the 1,500 Free, Jennifer found enough time to fix her goggles after the first length when they filled with water on the dive and still knock 26 seconds off her best time (25:19 to 24:37). The next day Jennifer kicked 15 seconds out of her 200 Back (3:26.44, from 3:41.16), and lopped 38 seconds off her 800 Free (12:30.44, from 13:08.87). She capped the meet off the last day with best times in the 200 Free & 400 Free. No wonder she has been wanting to swim long course in Woodland so much - the water's hot. Watch out hot water weenies (Rand Schaal and Bob Schroeder), for a speeding bullet named Jennifer to pass the next time the water is warm.

The FINALS Outstanding Performance of the month winner receives a free FINALS swimsuit, courtesy of Scott Morris, Promotions Director.



DAM TRIATHLETE OF THE MONTH

John Hansen

by Michael Collins

John Hansen was the first DAM member to finish the Donner Lake Triathlon. The event, held July 18, was a very highly competitive age group event with prize money being offered in each age group. John placed 15th overall and 6th in the 25-29 age group. After coming out of the water 63rd overall, John moved through much of the field with the 15th fastest bike split, and then smoked the 8th fastest run at 38:01, averaging 5:50 for almost 7 miles, at 6,000+ feet of altitude! Keep on swimmin' John, and you'll be breaking into the top 5 in no time.

The Triathlete of the Month is sponsored by Richard Strohl, Certified Massage Therapist. Richard offers a free massage to each month's recipient. Contact him about appointments at 756-5087.

Volunteers Wanted!

Great North Triathlon

It is time again for the end of the summer sizzler, and the need for many helping hands. On August 21 & 22, A Change of Pace will host the Great North Triathlon weekend at Stonegate Country Club, in west Davis. Profits from the event will be donated to the Children's Therapy Center, a non-profit organization which provides physical, speech and occupational therapy for special needs children. If you are able to volunteer on either of these days you will receive:

- * A volunteer T-shirt
- * Breakfast goodies
- * 1st class viewing of the action
- * Have a great time!

Volunteer sign up sheets are posted at Civic Center Pool. If you have a favorite job, be sure to include it next to your name and number on the sheet.

**1993 Pacific Masters Swimming
Long Course Championships
UC Santa Cruz
July 23-25**

Final Team Scores

Large Teams	
1. Walnut Creek	2297
2. Rinconada	1263
3. San Mateo	996
4. Sacramento	443
5. Univ. of San Francisco	394
Medium Teams	
1. Davis	701
2. Los Altos	553
3. Santa Cruz	502
4. Tamalpais	308
5. The Olympic Club	303
Small Teams	
1. San Luis Obispo	184
2. Peninsula Covenant	144
3. Montclair	87
4. Mountain View	78
5. Oregon	75

Davis Relays

Women	
100+	
Chichester, Schultz, Winn, Norris	200 Free 2:04.74 1st
Chichester, Schultz, Winn, Strampach	800 Free 10:30.29 1st
Strampach, Schultz, Chichester, Blake	400 Medley 5:30.23 1st
Men	
120+	
Johnson, Collins, Norris, Morgan	800 Free 10:01.11 1st
Morgan, Collins, Johnson, McPherson	200 Free 1:49.55 1st
Johnson, Collins, McPherson, Morgan	400 Medley 4:40.21 1st
Mixed	
76+	
Morgan, Collins, Schultz, Norris (New USMS RECORD!)	400 Free 4:22.10 1st
Morgan, Collins, Schultz, Norris	200 Medley 2:10.86 1st
120+	
Johnson, Winn, McPherson, Chichester	200 Medley 2:16.28 3rd
Johnson, Blake, McPherson, Chichester	400 Free 4:28.81 2nd

Davis Age Group High Point Winners

Women	
Christine Schultz	19-24
Men	
Chris Morgan	19-24
Michael Collins	25-29
Andy McPherson	45-49

Please See Individual Results on Page 5

Welcome to the DAM Club!

Ernie Wells
Bryant Sih
Gweilynn Jew
Karen Deimler
Matt Billings
Jeffrey Faley
Michael Fain
Dan Livingston
Diane Strong
Barbara Mathews
Traci Roth
Brian Johnston

Confidence Builders and Practice Guidelines
by Jim Montgomery

Your confidence in your swimming ability can carry over directly into your daily lifestyle. Remember that even if the outcome of a swimming practice is no big deal, the habits and attitudes you develop make a big difference in your lifestyle. Swimming is a lifetime sport. Make the most of it, and it will make the most of you. Here are some suggestions to help make that carryover a positive one.

1. Don't dwell on the unpleasant aspects of practice. Be positive.
2. Are you acting confident in practice? Do you lead the lane? Do you welcome a harder or an easier interval? Do you complain when the coach gives you a challenging set?
3. Look for breakthroughs in practice. Set attainable goals.
4. Keep reminding yourself of the positive things about swimming - increasing strength, endurance, flexibility, stroke mechanics, speed, and psychological skills.
5. Think about what you can do to get the most out of the set and have fun.
6. Look at practice as the most enjoyable part of your day. Look forward to getting and staying in shape. Many people never get in good enough shape to experience this.

continued on page 5

Women

Jennifer Blake	19-24	1500 Free	24:37.92	3
		200 Back	3:26.44	5
		800 Free	12:30.44	2
		200 Free	2:51.92	4
		400 Free	6:02.77	2
Chrissy Schultz	19-24	1500 Free	20:05.16	1
		400 IM	5:39.72	1
		200 Back	2:46.70	2
		200 Fly	2:51.36	1
		200 Breast	3:00.47	2
		100 Fly	1:14.00	1
Jennifer Norris	25-29	200 IM	2:40.62	1
		50 Fly	32.12	2
		100 Free	1:04.94	2
		800 Free	10:51.76	3
		200 Free	2:26.06	2
		100 Fly	1:15.82	2
Christine Winn	25-29	50 Free	29.51	1
		200 IM	2:51.69	3
		1500 Free	21:17.55	2
		400 IM	6:17.84	3
		200 Fly	3:21.61	2
Chrissie Chichester	30-34	800 Free	11:25.55	4
		1500 Free	19:57.13	3
		400 IM	5:54.03	1
		50 Fly	33:15	4
		200 Back	2:43.45	2
		100 Breast	1:29.11	5
Lisa Strampach	30-34	100 Back	1:17.22	2
		200 IM	2:40.30	1
		1500 Free	22:23.84	4
		200 Back	3:14.89	7
		200 Fly	3:09.80	4
		800 Free	11:45.57	5
Roswita Norris	50-54	100 Back	1:22.73	3
		400 Free	5:36.30	6
		400 IM	8:26.84	1
		200 Back	3:57.87	3
		100 Free	1:44.04	6
		100 Breast	1:59.49	4
		100 Back	1:57.05	2
200 Breast	4:12.37	2		
200 IM	4:01.77	3		

Men

Chris Morgan	19-24	400 IM	5:53.13	1
		50 Fly	27.48	1
		100 Free	58.62	1
		100 Breast	1:20.44	1
		100 Fly	1:04.64	1
Michael Collins	25-29	50 Free	26.43	2
		1500 Free	18:23.82	1
		400 IM	5:12.17	1
		200 Back	2:34.86	1
		200 Fly	2:34.33	3
		200 Free	2:08.22	2
Greg Johnson	35-39	200 Breast	2:51.29	2
		200 IM	2:26.57	1
		1500 Free	19:34.51	3
		200 Back	2:35.46	1
		800 Free	10:20.23	1
Andy TAZ McPherson	45-49	100 Back	1:11.92	1
		50 Fly	28.49	1
		100 Free	58.93	1
		200 Fly	2:32.92	1
		50 Back	31.97	2
Robert Norris	55-59	200 Free	2:11.83	1
		100 Fly	1:03.72	1
		50 Free	26.16	1
		1500 Free	24:15.28	2
		400 IM	6:56.82	2
		200 Back	2:55.01	1
50 Back	38.46	1		
800 Free	12:24.23	3		
100 Back	1:23.27	1		
200 IM	3:09.37	3		

Practice Guidelines Continued

7. Make a game out of it. Think of a song you like during swim sets. Or pick someone out 2 or 3 lanes over and try to catch him or her. Try to hold someone else off on a particular swim set without his knowing it.
8. Don't put your ego on the line. How well you swim does not determine how good a person you are.
9. Keep your swimming in perspective. Don't freak out just because you missed a week of practice. You might have lost some opportunity, but you still have plenty to gain.
10. Try to feel you are capable of doing anything sometime in the future. Let yourself think big.



10 Swimmers Head For US Nationals

DAM will have another strong showing at this years US Masters Long Course Nationals. The meet will be held August 20-23 at the University of Minnesota in Minneapolis.

Female Competitors will include **Melissa Beaty, Christine Chichester, Roswita Norris, Chrissy Schultz, & Beth Skorey.**

The male swimmers participating are **Michael Collins, Greg Johnson, Andrew McPherson, Chris Morgan, & Robert Norris.**

Be sure to wish them luck in their events!





Treasure's Tips

by Barb Paulson



This month I want to remind everyone of the dues increase. As of July, the dues are \$30 per month or \$90 per quarter. If you are 65 or over, dues are \$25 per month or \$75 per quarter. For those of you who have reached 80 (two, at present), dues continue to be optional. Dues are still due on the first of the month and incur a late fee of \$5 if not received by the 10th of the month. Received means either in the mail box on the 10th, or in the drop box at Civic Center Pool by the last workout on the 10th. The date on the check is not counted, nor is the postmark (unless for some reason the envelope has traveled around the country—and would have gotten here by the tenth had it taken a more direct route.) Keep in mind that mail is not delivered on Sunday or holidays, so if the 10th falls on a

Sunday or holiday, it must really be in the mail box by the 9th.

Another reminder—dues and re-enrollment are entirely separate. The dues do not have to be turned in with the re-enrollment forms, although many people chose to do that for their convenience. The dues deadline is the same each month. The re-enrollment forms come out once each quarter near the end of the quarter. Workouts assignments are made in time for the beginning of the quarter which starts on the first Monday of the following month. If the re-enrollment form is late, (coming in after I do the workout assignments and reassign priority numbers), you will need to pay a \$2 late fee and you will lose your priority number for the quarter. If you are new (or not so new) and have any questions about this, please call me so that you know for sure what is due when.



Video Analysis To Continue

Last month's video sessions were quite successful. Opportunities will be offered again this month. Videotaping is done from each side, head on, and from behind. This allows you to see differences from the right & left sides, above & below the water stroke patterns, head position, efficiency of the kick, and strokes per length. Each participant keeps their videotape with the date appearing on the screen so it can be compared to future tapings. Also included is a critique sheet which will point out your strengths, and areas to work on. Each session is limited to six people. The cost is \$6 if you bring your own VHS tape, \$10 if the club supplies the tape. Plan to spend an extra 30 minutes after practice reviewing the tape and receiving critique. Be sure to sign-up in advance for the time you want on the board at Civic.

August Video Schedule

- Mon 8/9: 10 am
- Tue 8/10: 6 am & 7 pm
- Wed 8/11: 11 am
- Thu 8/12: 7 am & 6 pm
- Fri 8/13: 12 noon

Upcoming Events

- Aug 8 Lake Del Valle
2 x 1 Mile Relay- Livermore
\$35 if postmarked by
August 2. \$45 race day.
- Aug 14 Donner Lake 2.7 Mile Swim
\$20 if postmarked by Aug 4.
\$25 race day.
- Aug 19-22 USMS Long Course
Championships
@ Minneapolis, MN
- Aug 21-22 Great North Triathlons -
Stonegate Club, West Davis
- Sept 12 Whiskeytown 1 & 2 Mile
Open Water Swim
\$15 if postmarked by Sept. 3.
\$25 race day.

Happy Birthday!

Vince Lane	8/1
Douglas Byrne	8/2
Kelly Miller	8/4
Karmel Tate	8/5
Bill Watkins	8/6
Betty Quick	8/6
Jeffrey Ruda	8/7
Marg Bartosek	8/8
Bob Lawson	8/8
LynnLathouwers	8/8
Joyce Zinn	8/9
Melissa Beaty	8/9
Janice Oakley	8/10
Juli Jessen	8/10
Joyce Lenz	8/11
Sally Colvin	8/12
Francois Larrivee	8/12
Kit Owen	8/14
Paul Brady	8/14
Ted Deacon	8/15
Sinisa Novakovic	8/1
Phyllis Bailey	8/19
Kristen Jones	8/19
Greg Grunner	8/20
Sally Wood	8/22
Nick Kurth	8/23
Mark Oslund	8/23
Jenny Pena	8/24
Judy Lesem	8/25
Steve Carlson	8/26
Jean Lamming	8/27
Yoshie Kyhos	8/28
Boris Ruebner	8/30
Mendel Mazelis	8/31

Continued from Page 1

Coach Collins Receives PMS Coach of the Year Award

The selection criteria was based on five different areas:

1. Club accomplishments both competitive & non-competitive
2. Club size and growth
3. Service to Masters Swimming both locally and nationally
4. Published works
5. Letters of support

Throughout 1992 Coach Collins made outstanding achievements in each of these categories.

1992 Competitive Achievements

- 1st place team USMS Postal Hour Swim Championships
- 1st place team PMS Short Course Meters Championships
- 1st place team Lake Berryessa Swim
- 2nd place team PMS Open Water Championships
- 3rd place team PMS Long Course Championships
- 7th place team PMS Short Course Championships
- 18 National Champion Titles
- 16 USMS National records
- 5 Fina World records
- 2 USMS/FINALS All-Stars
- 3 PMS Age Group Outstanding Swimmers of the Year
- 1 PMS Outstanding Overall Male Swimmer of the Year

Non-competitive Accomplishments

- DAM ran more events than any other team in PMS:
- April 11 DAM/UCD Starts & Turns Clinic
- April 12 Spring Classic Short Course Meet
- May-Aug USMS 10 K Postal Championship
- June 6 Lake Berryessa 1 & 2 Mile Swims
- Nov 13-14 PMS Short Course Meters Championships

Service to Masters

- Masters Aquatic Coaches Association President
- Member of USMS Coaches Committee
- USMS Coach of the Year Selection Committee Chair
- Assisted in developing USMS Swimming Clinics
- Volunteer coach at USMS Convention & Nationals

Published Works

Workout book A DAM GOOD YEAR

Articles published in TRIATHLETE, AMERICAN SWIMMING, OUTSIDE, SWIM, and others.

Letters of Support

President Larry Olsen nominated Coach Collins and included strong supporting letters from DAM members Mary Horton, and Lorrie Hori.

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 w/ logo	\$20.00
Male Lycra w/ logo	\$20.00
Female Nylon w/ logo	\$30.00
Female Lycra w/ logo	\$40.00
DAM Logo Clothing	
Navy Hooded Sweatshirt	\$30.00
Green polo shirt(100%)	\$25.00
Navy polo shirt(50/50)	\$15.00
Grey T-Shirt w/ Navy (1-800-DAM-FAST)	\$10.00

Don't Forget!
Last Long Course Workout
of 1993 is coming soon! If
you want to make any of the
Long Course workouts this
year, time is running out!

Goodbye Melissa!

Coaches and swimmers at DAM would like to say goodbye to Melissa Beatty who is moving to Atlanta, Georgia even as this article is written. Davis, being a college town is used to seeing swimmers come and go, and everyone leaving is usually missed. But few will be missed more than Melissa, especially by those swimmers who regularly attended any meets, open water swims or DAM social funtions. Melissa is always around to lend a helping hand. Be that helping hand in the form of Co-race Director of the 1993 Lake Berryessa Swim, or offering her van as transportation for DAM swimmers going to meets, or being the life of the party at social gatherings with her constant supply of jokes(mostly "off colored" jokes) Or maybe because she is always the first to drag the swimmers at meets to get "margaritas".

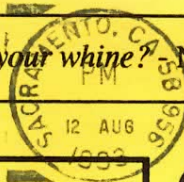
We all wish Melissa and family good luck in Atlanta and hope she comes back to visit sometimes, especially if she brings more jokes!



August DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Technique Workout Backstroke 8:30 AM Lap Swim 11-1, & 5-6 1	Sprint/Fins Main Set: 12 x 100 on changing interval Video Analysis 10 am 2	Middle Distance Main Set: Countdown to Hell 3	Stroke/IM Main Set: 16 x 25 + 400 12 x 25 + 300 8 x 25 + 200 4 x 25 + 100 4	Distance Pyramid Set: 100+200+300+ 400+500+400+ 300+200+100 5	Stroke/IM Main Set: 4 x (4 x 100) One set in each stroke 6	Intensive Workout 8:30 AM Lap Swim 11-1, 5-6 7	
Technique Workout Butterfly Videotaping 8:00 AM Lap Swim 11-1, & 5-6 Del Valle 2 x 1 Mile Relay 8	Sprint/Fins Main Set: 12 x 100 on changing interval Video Analysis 10 am 9	Middle Distance Main Set: Pull - 6 x 300 #1-3: 75% effort #4-6: Fastest Possible Average Video 10	Stroke/IM Main Set: 3 x (3 x 200) #1 Kick #2 Drill #3 Swim Video Analysis 11 am 11	Distance Timed 2,000 Free Video Analysis 7 am & 6 pm 12	Stroke/IM Swim - 12 x 100 Odd's: Free or Specialty Even's: IM Video 13	No Intensive Workout Lap Swim 11-1, 5-6 Donner Lake Swim 14	
Technique Workout: Flip Turns 8:30 AM Lap Swim 11-1, & 5-6 15	Sprint/Fins Swim - 30 x 50 In sets of 5: 16	Middle Distance Main Set: 16 x 100 Descending Interval 17	Stroke/IM Main Set: 8 x 200 Free & IM Mix 18	USMS Long Course Championships @ Minneapolis, MN		Intensive Workout 8:30 AM Lap Swim 11-1, 5-6 Triathlon 19	
Technique Workout 8:30 AM Lap Swim 11-1, & 5-6 Great North Triathlon USMS LC Continued 22	Sprint/Fins Main Set: 2 x (200 + 2 x 100 + 2 x 50 + 2 x 25 + 1 x 100) 23	Middle Distance Main Set: 2 x {(3 x 300) + 100 Back} 24	Stroke/IM 6 x 100 IM Prog. 3 x 300 IM Pacific Masters Swimming Meeting 25	Distance Main Set: 1 x 800 @ 1:00 2 x 400 @ :30 4 x 200 @ :20 8 x 100 @ :10 26	Stroke/IM Weak Stroke Improvement 27	Intensive Workout 8:30 AM Lap Swim 11-1, 5-6 Coach Don's Wedding! 28	
Technique Workout 8:30 AM Lap Swim 11-1, & 5-6 29	Sprint/Fins 30	Middle Distance 31					

Quote of the Month - "Would you like some cheese with your whine?" NO FEAR T-shirt des



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The Record Times is published monthly by the Davis Aquatic Masters. Thanks to Larry Olsen, Michael Collins, Don Veress, Barb Paulson, Kit Owen and others for articles and materials. The Editors request comments and suggestions from readers.