

The **RECORD** **TIMES**

MONTHLY NEWSLETTER FOR THE MEMBERS OF DAVIS AQUATIC MASTERS



Davis Aquatic Masters
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AUGUST
2005

Coach's Corner



By Head Coach
Rick Powers

PORTUGAL 2005

At the end of each of our annual trips I ask the swimmers to write a paragraph about their experiences to share with those of you who were not able to participate. Hopefully, more DAM members will join us each year for this unique and exciting experience which no other masters team has been able to organize on a yearly basis

Soon you'll be able to access the photographs from this trip on a link from the DAM website, www.damfast.org.

Jacque McQuay: My trip to Portugal was an incredible experience. Each day was filled with fun, adventure and a real sense of the country and its people. Two experiences are especially outstanding to me: The day we spent in the town of

Sintra and the time we spent in Anadia. Sintra, for its breathtaking beauty and ancient history. It was like stepping into a fairytale complete with castles and cobblestones. Anadia, for the overwhelming generosity of the Portuguese people that hosted us for the meet. We were treated like royalty: taken touring and wine tasting throughout the beautiful countryside, given a wonderful awards banquet complete with traditional foods and wines of the region and live folk music and dancing. I was fortunate to have the musicians dine at my table and was provided with a thorough history of Portuguese music. Kudos to Rick for putting together such an extraordinary trip and providing invaluable experiences. My heartfelt thanks to all my teammates and travel partners for providing companionship, fun, laughter, support and encouragement.

DAM Sale

2005 Berryessa items: T-shirts \$8 (2 for \$10),
Swim caps \$2 (2 for \$3), Mugs \$2.
Older Berryessa T's for \$3 and Mugs \$1
DAMFAST swim caps \$3 (2 for 5)
Goggles \$10 and DAM T's \$12

PORTUGAL 2005

Karen Gilligan: The group was very cohesive and bonds were formed across age groups in ways that can't quite take place between 2 lane lines at practice. My fondest memories are discovering the magical underworld of the Oceanarium and the secret gardens of Mr. Money Bags in Sintra. Also, when it came down to it, I enjoyed competing in the meet and pushing my competitive nature to the forefront.

Ilana McPhee: This is the first real traveling I've ever done and I couldn't have wished for a better trip. The company was fantastic and the country incredible. I would have a hard time picking out a few singular impressions but I think I can say that I have truly been touched by the history and culture of Portugal and the overall warmth and generosity of its people.

Laurel King: I was more than impressed by the architecture, art, food and clean bathrooms! Portugal was a great combo of old world charm and modern conveniences. I don't think I have ever climbed so many steps and hills to get around. Our many 'Happy Hour' parties, the good, inexpensive wine and port and great roommates (Betty and Diane) made the trip even more fun. The 'adventure garden' at one of the Sintra palaces and finding the secret passage to the Virgin's Grotto was the best!

Candace Cross-Drew: What I'll always remember: Espresso for 50 cents but no take out coffee, Pastels de Nata, tiles and churches everywhere, sardine pate, cork oak trees stripped of bark, cheap Portuguese wine, comparing ex-husbands, boyfriends and pets with my roommates; receiving 3 bottles of champagne for winning my age group; our nightly 'happy hour' in someone's room; friendly swimmers from Portugal and Spain, lovely pottery from Coimbra, short legged dogs and eating my way through Portugal

Lorna Belden: A feast for the senses! (including shopping). The constant mix of ancient to old to modern kept the visual senses whirling to adjust. Castles, most notably in Sintra; magnificent churches to tiny chapels at the convent in Valverde; the peace of the cloisters in Evora begged more time; the surreal 'leafy seahorses' at the Oceanarium; and gorging ourselves on the Pastel de Natas. The passion of the Fado music left me stunned and goosebumpy. Good food and wine constantly stimulated my appetite

Kay Moreau: Excluding slamming doors at the Algarve hotel, this trip was sensational. Swimming served as a unique catalyst in our cultural exchange with the Anadians. Their wine cave tours, the banquet and entertainment were exceptional. DAM showed them how to win at the meet and several new friends plan to visit Davis next year when they come to the World Masters Championships at Stanford.

Betty Dugan: Portugal is beautiful and all the old cities with the museums, churches, palaces and ruins were exciting to see. I was delighted just to walk down the streets and gaze at the old houses and buildings. It was great to start the trip at the beach which was breathtaking. The meet was fun. Too bad we couldn't finish off all the champagne we won. Never thought I'd see the day I gave champagne away. And, of course, the shopping.....

Erik Vink: Positives were water pressure in the showers, the pastel de Nata (cream filled pastry), cobblestone sidewalks, mugs of beer, roast pig, red wine for less than \$3 a glass (heck, it was less than \$3 a bottle), Coimbra, and the Anadia awards banquet. Negatives were 'Where's the ice?' (in the hotels), no red wine tasting at the wineries, expensive couvert at restaurants, cell phone etiquette.

PORTUGAL 2005

Scott Harris: The best part of the trip was the warm reception by the Portuguese people. They were helpful and patient with my attempts at speaking Portuguese. The wine country around Anadia was exceptional and the tour of the Wine Museum enlightening. The luncheon at the museum after the swim meet was the essence of Masters Swimming. A broad spectrum of people, different occupations, ages and nationalities, all joining to celebrate the human spirit through the medium of sport and competition. All differences melted away as we all joined in the celebration (and the wine!).

Stephanie Koop: Portugal has a rural northern California landscape that felt much like home: dry rolling hills, oaks, pines, red-buds, fruit and olive trees and vineyards. Our trip consisted of a nice mix of different size cities, 4 swimming venues including a very salty ocean and a beautiful 50 meter outdoor swimming pool, too many wine cellars, a touristy beach resort, tons of walking, a variety of churches, including one with walls of human bones, a walled medieval town, bizarre bus drivers, castles galore, hashish sellers, yummy pastries and gelato, trading swim shirts and caps and more. I enjoyed the white washed houses with red roofs, exploring, getting to know more of the DAM team and the Portuguese, and eating good food.

Don Yee: I enjoyed getting my toenails painted by the female members of the team.

Christina Schlatter: Being new to DAM, the Portugal trip helped me become more comfortable as a member. I was able to develop fantastic relationships with fellow members as well as focus on swimming. Rick did an exceptional job offering us Portugal's highlights during the tour. I am very thankful that I could be both guided and independent during our stay in the various cities.

CIVIC POOL ANNUAL CLOSURE

September 19th through
September 30

The Civic Pool practices
will be scheduled for Manor Pool.

Hall of Fame

2004 PMS Swimmers of the
Year from DAM

19-24	Matt Roper
25-29	Andy Nonaka
65-69	Susan Munn

PMS Summer Long Course Championships

July 8-10 at Santa Cruz
DAM finished 5th Place out of
50 Teams

High Point Awards: 1st Place
Matt Roper (19-24)
Andy Nonaka (25-29)

3rd Place
Robert Norris (65-69)

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

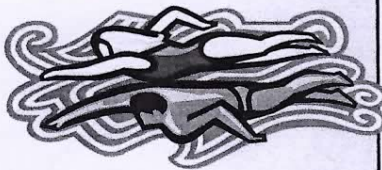
Civic Center Pool
10:00 am - 1:00 pm
(lap swim)

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
withdrawl payments

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

Quarterly re-enrollment is mandatory
(\$2 fee if re-enrollment is late).
Leave of absence fee is \$2 per month
(reserves priority number).



Performance of the Month

**FLEET
FEET**
Sports

Candace Cross-Drew and Carissa Kiniery

This month we salute a couple of DAM good swimmers who recently showed their mettle in meets on both sides of the Atlantic.

Candace Cross-Drew is a research specialist in the California State Department of Mental Health. When she was a child her mom witnessed a drowning and immediately proceeded to sign her kids up for every swim lesson program around. Eventually, Candace joined the summer swim team program at Arden Hills Swim Club. In college Candace took the PE swim classes and swam laps on her own. She ran for 5 or 6 years before deciding to give DAM a try in 1979. Under coach Dave Scott, Candace got hooked and trained 5 nights a week as well as participating in numerous meets until 1987.

This year, when Candace decided to join the group going to Portugal, she knew she had to compete again. She swam well at the PMS short course meet in April, then topped it off by winning the prize in her age group in Portugal awarded for the time closest to the masters world record in her event. The prize? Three bottles of wine! Truly an appropriate masters award.

Candace swims for 'mental health' after a long day at the office. She "feels like a new person after practice" and loves the social aspect of DAM, as well as the coached workouts. Her lane buddies include Dave Gilmore and Alicia Greenamyler. Candace enjoys having the undergrads swim with her each year but is always sad when they graduate and move on. Her final quote, after seeing how there are a lot less swimmers in her age group than 18 years ago, "It's nice to outlive the competition."

A large percentage of DAM swimmers are still students at local schools. Our **second winner this month, Carissa Kiniery**, has been swimming most of her life. Carissa joined the Crescent City Swim Club at the age of 7 and swam with the club right through high school. Without a break, she then competed for Shasta JC for 2 years and then was a UCD varsity swimmer until graduation in 2002 when she joined DAM.

Carissa characterizes herself as a hard worker at practice who likes to race people in training but was less excited about the meets and the pressure to perform in them.

Now working on a masters degree at Sac State in Counseling (marriage and family therapy), Carissa remains in Davis because she loves DAM, despite both working and going to school in Sacramento.

What about DAM? Carissa enjoys the 'no pressure' workouts. "You can swim at your own pace," she says, and workouts are just one hour so you don't get bored.

This year Carissa swam Berryessa, her 1st open water swim, and prodded by teammate Laura Chan, decided to compete at the PMS Long Course Championships last month at Santa Cruz. Winning both the 200 and 500 free in her age group in her first Long Course meet ever, earned her the Performance of the Month award. Carissa gives credit to Sam Grant and her other lane mates who help her work harder at practice.

Welcome New Members!!!

Abby Arons
Marita Cantwell
Patrick Croft
Craig Gabert
Kathryn Grassl
Jackie Hausman
Brendan Higgins
Paul Hoeprich
Daniel Jimenez
Warren Kenzie
Wayne Leonard
Armand Prieditis
Filipe Romancini
Deborah Stromberg
Colette Verstraete
Nathaniel Wilson
Nicholas Wunschel

Happy Birthday this Month to...



Patrick Croft	8/1	Ted Deacon	8/15
Kelly Nelson	8/1	Julia Medina	8/15
Jack Palmer	8/1	Michael Swarbrick	8/15
Carolyn Adolph	8/2	Sinisa Novakovic	8/16
Brian Baier	8/2	Bret Weaver	8/17
Andy Bozdech	8/2	Allison Higgins	8/18
Diane Kavrell	8/2	Cliff Millemann	8/19
Daniel Scherer	8/2	Twanda Thinkill	8/20
Joe Kisiday	8/3	Roman Rieger	8/21
Libby Wood	8/3	Molly Laughlin	8/22
Meghan Bowen	8/4	Jennifer VanDenBroeke	8/22
Laurie Briscoe	8/4	Sally Wood	8/22
Jenni Pareas	8/5	Henrich Brunke	8/24
Sandra Basic	8/6	Abby Arons	8/25
Kris Kordana	8/6	Steve Carlson	8/26
Bill Watkins	8/6	Bill Steuart	8/26
Jeffrey Ruda	8/7	Stacey Wright	8/27
Marg Bartosek	8/8	Yoshie Kyhos	8/28
David Riano	8/8	Katie Moyer	8/29
Meagan O'Malley	8/10	Robert Parmelee	8/29
Jeannette Sager	8/10	Rob Anagnoson	8/30
Roberto Lopez	8/11	Cheryle O'Donnell	8/30
Sally Colvin	8/12	Boris Ruebner	8/30
Matt Henry	8/12	Dorothy Scott	8/30
Tom Brown	8/13	Matthew Wilkins	8/30
Paul Brady	8/14	Christine Calverly	8/31
David Zetland	8/14	Seta Hanoian	8/31

LOOKING FOR MEMBERS TO RUN FOR THE DAM BOARD

Are you interested in becoming more involved in the inner workings of DAM? Do you want to know how decisions are made and have more impact in the club? Well, stop talking about ways to make this club great and become a DAM board member. We are looking for 4 new board members to run for the regular 2 year term and 1 member to run for a 1 year term. Talk to the coaches or current board members if you would like more information.

DAM sale items:

Coffee mugs, pre-2004 \$1
Goggles \$10
DAM Logo t-shirts \$12
Coffee mugs are \$3
Mugs are \$1

President's Message

By Doug Brewer

On Tuesday, July 12 we submitted our plans to the Davis Building department for building permit approval. We are still on track to start construction in mid-August and complete the building in October. During construction, the Civic pool will be open but the parking lot entry will be closed for the temporary construction work. We will be entering the pool through the locked, and rarely used, pool gate facing B Street. The first block of parking spaces (seven or so) will also be blocked off for use by the contractor and construction crew. The existing shade cover will also be fenced off so we will need to run all workouts from the B Street end of the pool during construction. Please be understanding of these temporary inconveniences.

As of July 20th, our final fundraising efforts for the building have been going very well but we still have a way to go. This money will be used to help pay for window coverings, shelves, cabinets, etc and we have reached only about half of our goal. The Aquadarts to raise an additional \$30,000.

We had to get the brick order in to the manufacturer by August 1st, to have the bricks manufactured and installed prior to the completion of the building. If you are not able to get your brick donation in by August 1st, we will still accept your donation. Those donations received after August 1st may not be ready with the original group and will be added later. We reserved two of the four inscribed brick quadrants for future fund raising efforts, should the need arise.

On another note, we have passed the mid-year and I am happy to report that we are doing well financially. The automatic dues payment process is meeting our expectations for efficiency, time savings and reduced costs. Membership is strong and steady and our Berryessa swim was a resounding success. Laurel King did a great job of setting up on-line registration and payment and running the event. Even Mother Nature co-operated nicely with the weather and near perfect water temperature. The one area of the event that we hope to improve on in the future is getting the final race results faster. It is a complicated process due to last minute swimmer additions, deletions and no-shows but we will work with the timing company to get the final results out quicker.

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(First-time clients)

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Summer fun...

DAM ANNUAL SUMMER BBQ

On Saturday, August 20th from 3:00PM to 7:00PM we will have the annual BBQ at Community Park. The park is located on the corner of Covell Blvd. and F Street. The BBQ will be next to the Community Pool at the picnic tables under the solar panels.

Bring something to grill, a dish to share and drinks.
See you there!



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Treasurer's Tips By Valerie Greenough

We have quite a few members out on leave at this time. Those of you on leave who have thought about getting back in the pool but only want to swim a few times during the month may want to purchase a red card.

The red card is a means by which either a member or a non-member, with a valid USMS/PMS card, can swim on a somewhat irregular basis and pay per time instead of by the month. The card costs \$20 for 4 swims and is good for 6 months. It is the red card user's responsibility to let the coach know that they are swimming on the red card and either mark the card or be sure the coach marks it. When you start swimming again on a regular basis and start paying regular dues any money left on the card can be applied to your dues.

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FALL STROKE CLINICS

**All clinics are at Civic Pool from
1:00PM to 2:30PM**

Saturday	Oct. 15	Free
Sunday	Oct. 16	Back
Saturday	Oct. 22	Fly
Sunday	Oct. 23	Breast

Upcoming Dates to Remember:

August 11-15: Long Course National Championships in Mission Viejo

October 3/Monday: Fleet Feet Annual DAM deck sale at all work-out sessions

October 6/Thursday: Day on the Quad at UCD