

1992: A DAM Great Year

It's a wrap! The 1992 competition season is over. What a great year we had!

Coach's Column by Michael Collins

As the year began I made several team goals for the events we would be attending (see pages 4 and 5). On some of these goals we fell short, some were achieved, and some were obliterated! I will make team accomplishment goals again for 1993, and I hope you will help us achieve them.

One more goal

Another year is almost history. One month still remains in 1992, however, plenty of time to accomplish one more goal neglected thus far this year. Whatever that may be — breaking 1:30 in a 100 Free, or not eating a ton through the holidays and missing workouts, or maybe learning to swim butterfly without drowning — December is the month to do it!

December is "Stay in shape through the holidays month." Workouts will focus on keeping fit and gradually preparing for the Hour Swim in January. We will also be starting video analysis at some workouts.

DAM captures PMS championship

Can you say perfect weekend? I knew you could. That's what the weekend of November 14 and 15 was. Great weather, well run meet, and many fast swims. More than 120 PMS Short Course Meters records were set, 30 of those by DAM swimmers!

In addition, DAM broke 5 USMS national records and 2 FINA world records. To top it all off, DAM won the club scoring, bringing back a pool meet PMS Championship title to Davis for the first time in over 10 years! Full meet results are available on pages 6 and 7.

Many people helped make the event run well. Meet director Michael Collins got help from the UC Davis men's & women's swim teams. Head Coach Jerry Hinsdale organized the men to time the meet on Saturday, and Barbara Jahn's

women's team took the chore on Sunday. DAM swimmers Jennifer Blake, Julie Thompson and Melody Herbst did an outstanding job with the snack bar and hospitality for the workers.

Sam Uriu and his officials staff ran the meet very smooth and efficiently. (If we forgot your name, we are sorry, but we CERTAINLY do appreciate the help.)

Eduardo and Claudia Fernandez videotaped many of the DAM swims throughout the meet and are hosting a video playback party at their house on Thursday, Dec. 3 at 7 p.m. The address is 417 Russell Park #7.

An encore presentation for those not able to attend will be before the holiday party at Betty Dugan's house, 3401 Oyster Bay, on Sunday, Dec. 13 at 5:30pm.

DAM Holiday Party

6 p.m.

Sunday

December 13

3401 Oyster Bay



December Workout Schedule

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

Upcoming events

DEC. 6

Videotaping at Technique Workout.

DEC. 11

No 7 p.m. workout.

DEC. 13

Videotaping at technique workout.

DEC. 13

Holiday party at Betty Dugan's - 3401 Oyster Bay. 6 p.m.

DEC. 18

No 7 p.m. workout.

DEC. 24

Christmas Eve
Workouts: 7 a.m., 10 a.m.,
11 a.m., noon

DEC. 25

Christmas Day
Workouts: 11 a.m. & noon

DEC. 27

Videotaping at technique workout.

DEC. 31

New Years Eve
No 6 & 7 p.m. workouts

JAN. 1

New Years Day
Workouts: 10 a.m. & 11 a.m.

JANUARY

Hour Swim Month

Video Analysis Begins

Sunday technique workouts will now offer a new service — stroke videotaping and analysis. The first 10 people to sign up for each Sunday will be filmed from four angles over 100 yards (including turns).

After videotaping, swimmers will review the tape on DAM's new TV & VCR with a coach giving positive comments and suggestions for improvements. The cost is \$5, or \$10 if you want a copy of your swim. The fee goes to pay for the video equipment and the extra coaching necessary to run the service.

Check the board at Civic Center for a sign-up sheet. If you feel this would be useful to you, SIGN-UP!

PMS re-registration due this month!

December is the time that we re-register for Pacific Masters Swimming. All members of Davis Aquatic Masters must be members of United States Masters Swimming (USMS), unless you are 18, then you must join United States Swimming. The local organization for USMS is Pacific Masters Swimming (PMS).

We require this membership so the club is covered by liability insurance. Every person in the pool must be a member of one of the two organizations. Because of this, I require verification that you have renewed your membership. The easiest way to do this is require that you re-register when you re-enroll for winter quarter.

The PMS forms will be on the bottom of the Winter Quarter re-enrollment forms. They need to be filled out completely, including the signature, and turned in with the necessary \$25 check with the re-enrollment form. Your re-enrollment form will not be accepted without the PMS form and check—you will be considered to be re-enrolling late if everything is not in by Dec. 26.

You may include the \$25 PMS fee

Treasurer's Tips by Barbara Paulson

with your dues check if you send the dues in with the re-enrollment form. If you have joined DAM

and PMS since Oct. 1, your PMS card will be the 1993 card, and you just need to note on the form that you have a current card.

If for some other reason you have a 1993 card, you will need to send me a copy of it with your re-enrollment form. If you are re-registering through another club, you will need to talk to me.

Some of you will not be swimming in December or a part of December. This is a reminder of our leave policy. If you go on leave, it must be for a full month. You can not pay for a partial month.

For example, if you swim for two weeks you will need to pay for the full month, unless you drop out, which includes rejoining by filling out another new member form and paying the new member initiation fee. The leave fee is \$2 per month. You will then be a continuing member, keep your priority number and continue to receive the newsletter by mail if we have your current address.

Welcome to:

John Gotelli
Sara Crawford
Erin Lytle
Steve Glazer
Elizabeth Buchanan
Gini Oberholzer
Deborah Sokol
Ted Hirsch
Janine Addison
John Haughey
John Hansen
Sheila Miller
Thomas Burton
Karen Newsom
Sarah Chaney
Sarah Scarfe
Ryan Brant
Matt Zinkl
Christine Cipperly
Rich Martin
Kip Freytag
Kelly Crosby
Thomas Chandler
Sandra Clark

Workout and Lap Swim Hours

WORKOUTS: MONDAY - FRIDAY

Civic Center	Noon
6 a.m.	1 p.m.
7 a.m.	7 p.m.
10 a.m.	Community
11 a.m.	6 p.m.

WORKOUTS: SATURDAY

Civic Center
8:30 a.m. - 10 a.m.

WORKOUTS: SUNDAY

Civic Center
8:30 a.m. - 9:30 a.m.

LAP SWIM:

SATURDAY AND SUNDAY

Civic Center
11 a.m. to 1 p.m.
5 - 6 p.m.

Happy December Birthday to:

David Gilmer	12/1
Elbridge Gerry Puckett	12/1
Roberta Ranstrom	12/4
David Woodruff	12/4
Ron Pritchard	12/4
Harry Colvin	12/5
Janine Addison	12/5
Byron Philleo	12/6
Lisa Nickerson	12/6
Jean Fritzen	12/7
Dennis Wilson	12/8
Beverly Batha	12/8
Claire Mazow Gelfman	12/9
Alan Rowland	12/9
Anna Knutti	12/10
Allison Alcalay	12/11
Michael Mullen	12/13
Ellen Moratti	12/14
Elizabeth McCarthy	12/14
Jennifer Norris	12/15
Roswita Norris	12/16
Karen Lang	12/17
Matt Geisel	12/18
Erica Woods	12/18
Kristina Neill	12/22
Eve Sloane	12/24
Carin Crain	12/26
Wilson Park	12/27
Karen Schelegle	12/28
Diane Gilmer	12/28
Emily Plesser	12/28
Kip Freytag	12/28
Marnelle Gleason	12/29
Eleanor Calkin	12/31
Mark Crosby	12/31
Karl Bassler	12/31

December Swimmer of the Month: Patti Gay



Patti Gay joined DAM in 1977 because she loves to swim. The combination of exercise and socializing was perfect for Patti, since she has always been a swimmer and loves to socialize! Patti now swims at the 1 p.m. workout.

Although she doesn't compete, Patti always cheers on her teammates at meets, open water swims and triathlons. You can always count on Patti to hold a barbecue after local meets so swimmers can socialize. She also hosted a social gathering at the end of this year's long course workout season. Patti regularly attended the long course workouts.

In addition to being the "official DAM hostess," Patti volunteers at the Lake Berryessa Swim. Last year, she organized t-shirt sales. Patti then ended the summer by helping with water safety at the Great North Triathlon. Her

years of experience as a swim instructor and lifeguard in Woodland made her a natural for the job.

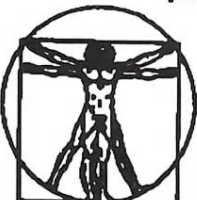
Patti comes to workout to have a great time swimming with and meeting others. Although Patti said she feels unworthy of her nomination, she definitely deserves the recognition for her enthusiasm and willingness to help out. Thank you, Patti!

A special thank you to Cafe California for awarding dinners to our Swimmer of the Month.

Don't forget the Grocery Store Fundraiser!

Leave your check and a note indicating which store and what denominations of certificates you would like in the dues drop box by the 30th of the month for Safeway, Farmtown and State Market or by the 8th for Lucky.

\$10 OFF FOR FIRST VISIT



Richard Strohl
Certified Massage Therapist

756-5087

AMTA MEMBER # 15795-4

**PROVIDING QUALITY BODYWORK
FOR EXCEPTIONAL ATHLETES**

Apparel Order Form

Name _____

Phone _____ Workout Time _____

	Qty
Navy Blue Hooded Sweat Shirt	_____
\$25 M L XL	
Matching Navy Sweat Pants	_____
\$20 M L XL	
Heather Gray Crew Neck	_____
\$20 M L XL	
Matching Gray Sweat Pants	_____
\$20 M L XL	

Make checks payable to: Davis Aquatic Masters

DAM: Aspirations and Ac

JANUARY

- ▲ **USMS Postal Hour Swim**
125+ members to participate
Win USMS Hour Swim Team Title
Set 5+ DAM team records
1992 — 110 participated, 1st place team, 1 age group win, 1 relay win
1991 — 121 participated, 6 DAM records set, 1 USMS record set, 1st place team
1990 — 165 participated, 30 DAM records set, 3 USMS records set, 1st place team in PMS (no USMS)

FEBRUARY

- ▲ **USF Short Course Meet**
10+ members to attend
1992 - 9 attended

MARCH

- ▲ **Walnut Creek Camp**
8+ members to attend
1992 — 11 attended
1991 — 6 attended
1990 — 3 attended

APRIL

- ▲ **UCD Short Course Meet**
25 + members to attend
1992 — 23 attended
- ▲ **PMS Championships @ Santa Cruz**
15+ members to attend
Top 5 in team standings
1992 — 16 participated, 7th in team standings
1991 — 15 participated, 7th in team standings
1990 — 19 participated, 9th in team standings

MAY

- ▲ **USMS SCY Nationals in Chapel Hill, NC**
5+ to attend
Win 5+ events
Set 3+ USMS records
Set 5+ PMS records
1992 — 2 attended. 3 USMS & 5 PMS records set.
1991 — 3 attended. 1 USMS record set.
1990 — 5 attended.

JUNE

- ▲ **Berryessa Swim**
75+ members to participate. Win team title
1992 — 103 participated, won team title
1991 — 76 participated, won team title!
1990 — 66 participated, 2nd in team standings.
- ▲ **PMS Open Water Championships @ Lake Sonoma**
30+ members to participate. Top 3 team finish
1992 — 23 participated, 2nd in team standings.
1991 — 28 participated, 2nd in team standings, 2 age group winners.
1990 — 24 participated, 6th in team standings.
- ▲ **Lake Del Valle Swim**
10+ members to participate
1992 — 7 participated

JULY

- ▲ **10K Postal Swim (Individual)**
5+ members to participate.
Set 1+ USMS record
1992 — 3 participated in 10K & 2 did the 5K. 1 USMS record set.
1991 — 2 participated in the 10 K & 2 did the 5 K (new event).
1990 — 3 participated, 1 USMS record
- ▲ **Tahoe Relays**
2+ teams to participate
1st place overall women's team
1992 — 1 team participated, 1st overall women's
- ▲ **Lake Topaz Swim**
10+ to participate
1992 — 8 participated
- ▲ **PMS LCM Champs @ Walnut Creek**
15+ to participate.
Top 5 in team standings.
Set 3+ PMS records
1992 — 20 participated, 3rd in team standings, 4 USMS & PMS records.
1991 — 11 participated, 6th in team standings.
1990 — 1 participated.

AUGUST

- ▲ **Donner Lake Swim**
25+ members to participate.
Win 3+ age groups.
Win team title
1992 — 19 participated, 2 age group winners, no team score

accomplishments for 1992

1991 — 15 participated, 4 age group winners.
 1990 — 23 participated, 1 age group winner.

▲ USMS LC Champs in Seattle, WA

5+ to participate.
 Win 4+ events
 2+ USMS records.
 4+ PMS records

1992 — 15 participated, won 6 events, 2 World & USMS records.
 1991 — 2 participated

OCTOBER

▲ Sacramento Pentathlon

20+ members to participate. Win 3+ age groups
 1992 — 10 participated, 3 age group winners.
 1991 — 16 participated, 2 age group winners.
 1990 — 25 participated, 5 age group winners.

NOVEMBER

▲ PMS SCM Champs @ UC Davis

30+ to participate.
 Set 2+ World, 4+ USMS, 6+ PMS records
 1992 — 45 participated, won team points title, set 2 World records, 5 USMS records, & 30 PMS records.

▲ Brute Squad Meet

24+ to participate.
 Set 5+ new team age group records
 1992 — 23 participated, 4 DAM records set.
 1991 — 21 participated, 7 DAM records set.
 1990 — 17 participated, records started.

GOALS FOR THE YEAR

▲ 4+ FINA World Records (LCM & SCM)
 1992 — 4 (LCM - 2, SCM - 2)

▲ Set 5+ USMS National Records (SCY, LCM, & SCM)
 1992 — 15 (SCY - 3, LCM - 6, 10K - 1, SCM - 5)
 1991 — 4
 1990 — 5

▲ 10+ USMS National Championship titles
 1992 - 17 (Hour swim - 3, 10K - 1, SCY - 6, LCM - 5, Open water - 2)
 1991 - 7 (Hour swim - 5, 10 K - 1, SCY - 1, LCM - 1)
 1990 - 13 (Hour swim - 7, 10 K - 1, SCY - 1, LCM - 2, Open Water - 2)
 1989 - 6

▲ 30+ PMS #1 rankings(SCY, LCM, SCM & Open Water)
 1992 - 60 + SCM (SCY - 28, LCM - 30, Open Water - 2, SCM - ??)
 1991 - 46

Congratulations to all DAM swimmers who helped achieve these goals!!

19 DAM swimmers make 1992 USMS Short Course Yards Top 10 list

WOMEN

Melissa Zaharias	19-24	50 Fly	8
		100 Fly	4
		200 Fly	5
Anna Scott	25-29	50 Free	**1
		100 Free	1
		200 Free	3
		500 Free	3
		50 Fly	1
		100 Fly	1
		100 IM	3
Betty Dugan	50-54	50 Free	10
Susan Munn	50-54	100 Free	8

MEN

Darren Dutto	19-24	200 Free	5
		200 IM	8
Michael Collins	25-29	1,650 Free	5
Andrew McPherson	45-49	50 Free	1
		100 Free	**1
		200 Free	**1
		500 Free	2
		1,650 Free	3
		100 IM	1
		200 IM	**1

Steve Carlson	70-74	200 Free	9
		500 Free	3
		1000 Free	1

Relay Swimmers

Chris Chichester	Chris Winn
Melissa Beaty	Sharon Blaha
Mary Horton	Ken Doo
Chazz Hesselein	Chris Oshiro
Jim Frampton	Ron Harvey
Kevin Pearsal	

** Denotes USMS Record

Meet results: PMS Short Course Meters Championships

Abersold, G.	20	50 Breast	39.38	3					
		800 Free	10:09.11	1					
Bailey, T.	22	100 Fly	1:09.06	2					
Beaty, M.	35	400 Free	5:21.47*	2					
		200 IM	2:48.42	3					
		100 IM	1:19.93	3					
		100 Back	1:20.78	1					
		400 IM	5:57.70	1 PMS					
		200 Fly	2:56.88	1					
Blake, J.	23	400 Free	6:16.18*	4					
		100 Back	1:42.15	1					
		200 Free	2:53.91	2					
		50 Fly	42.26	3					
		800 Free	13:18.22*	1					
Bondurant, G.	45	100 Breast	1:40.77*	3					
		50 Free	36.23	3					
		100 Free	1:24.43	3					
		100 IM	1:33.13	2					
Carlson, S.	73	50 Free	36.15	1					
		100 IM	1:45.90	2					
		200 Free	3:05.36	1					
		50 Breast	52.43*	1					
		50 Back	47.41	3					
Chichester, C.	29	400 Free	4:50.27*	1 PMS					
		200 IM	2:33.89	2					
		400 IM	5:32.53	1 PMS					
		200 Back	2:40.99	3					
		200 Fly	2:43.90	1 PMS					
		800 Free	10:18.16	1					
Collins, M.	26	400 Free	4:38.59*	1					
		200 Free	2:11.61	1					
		400 IM	5:13.03	1 PMS					
		200 Back	2:34.06	1 PMS					
		200 Fly	2:43.08	1 PMS					
		800 Free	9:34.71*	1					
Crosby, K.	19	50 Free	29.77	1					
		100 Free	1:06.74	1					
Deacon, E.	43	400 Free	4:59.86*	4					
		100 Free	1:02.23*	2					
		200 Free	2:21.32*	3					
Dirks, A.	21	50 Free	30.33	2					
		100 IM	1:18.33	1					
Dugan, B.	51	400 Free	6:39.17*	3					
		50 Free	36.80*	1					
		100 Free	1:25.25*	1					
		100 IM	1:45.98	1					
		200 Free	3:16.99	2					
Duque, F.	28	100 Breast	1:20.45	2					
		50 Free	28.75	2					
		100 Free	1:06.26	3					
		100 IM	1:17.47	3					
		50 Breast	36.08	1					
		200 Breast	3:07.20	1					
Ferrick, D.	33	100 Breast	1:23.50	2					
Frampton, J.	46	50 Breast	39.33	3					
		200 Breast	3:15.60	3					
Greaves, M.	20	50 Free	32.30	4					
Haight, T.	21	100 Breast	1:13.45	1 PMS					
		100 Free	1:03.81	1					
Halprin, L.	41	50 Breast	50.57	3					
Hesselein, C.	37	50 Free	28.33*	4					
		100 Free	1:02.62	2					
		200 Free	2:25.51	3					
Horton, M.	49	100 Breast	2:06.96	4					
		200 IM	4:05.41	1					
		100 Free	1:36.19	4					
		100 Fly	2:05.91	4					
Johnson, G.	35	400 Free	4:42.23*	2					
		100 Back	1:09.40	1					
		200 Free	2:16.15	2					
		200 Back	2:28.97	1					
		800 Free	10:01.29	2					
Lathouwers, L.	22	50 Free	31.74	3					
		100 Free	1:10.33	3					
		100 IM	1:22.01	2					
		50 Back	38.18	2					
		50 Fly	35.61	2					
McKenna, T.	41	100 Breast	1:16.83	1					
		100 IM	1:10.21	1					
		50 Breast	35.00	1					
		50 Fly	30.69*	2					
McPherson, A.	45	50 Free	25.10	1 PMS					
		100 Free	56.45	1					
		PMS, USMS, world record							
		100 Fly	1:04.72	1 PMS					
		100 IM	1:08.04	2					
		200 Fly	2:25.95	1					
		PMS, USMS, world record							
		50 Fly	28.70	1					
Money maker, K.	23	200 IM	2:59.00	2					
		100 IM	1:21.02	3					
Moratti, E.	33	400 Free	5:16.52*	2					
		100 Free	1:08.73	3					
		100 Back	1:20.07	1 PMS					
		200 Free	2:31.17	3					
		200 Back	2:51.78	1 PMS					
		50 Back	37.36	1					
Norris, Rob.	54	400 Free	5:38.53*	3					
		100 Breast	1:46.93	1					
		200 IM	3:06.30	3					
		100 Back	1:21.66	2					
		400 IM	6:39.52*	2					
		200 Back	2:54.36*	2					
Norris, Ros.	49	50 Free	45.62	4					
		100 Free	1:39.35	5					
		50 Breast	50.79*	3					
		50 Back	51.85*	2					
		50 Fly	55.68*	2					
Pearsall, K.	25	100 Breast	1:13.90	1					
		100 Free	58.54	1					
Ruda, J.	45	400 Free	6:38.32*	2					
		100 Breast	1:42.82	3					
		200 Breast	3:41.22	4					
		800 Free	13:52.33	2					
Scovel, D.	26	200 IM	2:40.72	1					
		100 IM	1:14.54	1					
		200 Free	2:20.40	2					
		400 IM	5:39.52	2					
		200 Fly	2:54.93	2					
		800 Free	10:17.32	2					
Shea, S.	22	400 IM	5:13.49	2					
Strampach, L.	33	400 Free	5:41.20*	4					
		200 IM	3:08.78	3					
		100 Fly	1:25.15	3					
		100 Back	1:32.02	2					
		200 Back	3:10.33	2					
Thompson, J.	20	400 Free	7:22.76*	5					
		200 Free	3:19.93	3					
Timmerman, B.	21	400 Free	4:31.25*	1					
		50 Free	26.38	1					
		200 IM	2:24.17	1					
		100 Fly	1:05.07	1					
		400 IM	5:07.40	1					
Vohryzek, B.	35	50 Back	46.96*	1					
		50 Fly	43.13*	2					
West, C.	38	100 Breast	1:22.41	1 PMS					
		200 IM	2:41.02	2					
		100 IM	1:14.90	2					
		50 Breast	38.22	1 PMS					
		200 Breast	2:57.32	1 PMS					
		50 Fly	34.85	1					

Continued on page 7

Outstanding Performance of the Month - Christine Winn

by Michael Collins

Steady Eddie — that's how Christine usually swims. She can predict her times almost every time she swims, and it's about the same time as she did it the last time.

Chris has really broken through her plateau lately, however. In October she set a few personal bests at the Sacramento Pentathlon. And most recently, at the PMS Short

THE FINALS



CHRISTINE WINN

Course Meters Championships, Christine crushed several of her pre-

vious bests (even converted from her best long course times). Most impressive was her 400 Free (5:12.10) and 800 Free (10:45.43).

Way to go Chris. Good things come to those who wait.

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

Meet results from page 6

Wilson, D.	43	400 IM	5:44.13	2
Winn, C.	26	400 Free	5:12.10*	2
		200 IM	2:48.17	4
		100 IM	1:19.38	2
		200 Back	2:56.02	4
		200 Breast	3:10.51	3
		800 Free	10:45.43*	2
Woodruff, D.	35	100 Breast	1:19.08	2

PMS SC Meters Relay Results

DAM, 100+	30	200 MED RL (men)	2:05.10	1 PMS
DAM, 100+	30	200 MED RL (women)	2:19.44	1 PMS, USMS
		400 FREE MX RL	4:16.92	1 PMS, USMS
		800 FREE MX RL	9:44.20*	1 PMS
		200 FREE MX RL	1:58.19	1 PMS
DAM, 120+	40	400 FREE MX RL	4:40.42	1
		800 FREE MX RL	9:40.86*	1 PMS
		200 FREE MX RL	2:11.67	4
DAM, 120+	40	200 MED RL	2:43.85	2
DAM, 160+	50	200 MED RL	2:07.89	1 PMS
DAM, 160+	50	200 MED RL	2:51.54	1
		400 FREE MX RL	5:06.87	2
		200 FREE MX RL	1:59.64	1 PMS
DAM, 200+	70	800 FREE MX RL	12:18.80*	2
		200 FREE MX RL	2:33.33	1
DAM, 76+	20	200 MED RL	2:24.53	1 PMS
		400 FREE MX RL	4:53.08	1 PMS
DAM, 76+	20	200 MED RL	2:40.63	2
		800 FREE MX RL	9:17.27*	1 PMS, USMS
		200 FREE MX RL	2:04.15	1 PMS
DAM, 76+ B	20	200 MED RL	2:01.50	1 PMS

Relay only swimmers: Todd Greene, Neil Robinson, Melody Herbst

Saws, Scissors...and Blades
 519 12th St. Davis, Ca. 95616
 (916) 751-5077
 a sharpening service

1992 Brute Squad Meet Results

An all-time high of 24 DAM maniacs joined this years DAM BRUTE SQUAD. Leading the way for the women was Chrissie Chichester, cruising to a 30 second lead over 1st time Brute, Ann Peters. For the men, an out-of-shape Coach Mike Collins, narrowly beat an ever-improving with age, Andrew McPherson by a mere 3.5 seconds. This years event had 11 first-timers.

Name	Age	200 Fly	400 IM	1,650 Free	Total Time
WOMEN					
1. Chris Chichester	29	2:25.26	5:03.06	20:03	27:31.32
2. Ann Peters	29	2:43.93	5:19.78	19:58	28:01.71F
3. Anna Scott	30	2:31.55	5:13.62	20:20.95	28:06.12*
4. Kelly Buchanan	22	2:32.37	5:29.74	21:20	29:22.11
5. Melissa Beaty	35	2:38.75	5:29.35	22:05	30:13.10*
6. Beth Skorey	20	2:40.00	5:29.74	21:57	30:14.10F
7. Chris Winn	26	2:57.62	5:37.42	21:51	30:26.04F
8. Lisa Strampach	33	2:54.67	6:00.19	22:47.12	31:41.98F
9. Margaret Turano	35	3:11.42	6:11.71	24:33.66	33:56.79
10. Malia Davis	22	3:03.28	6:31.15	25:40	34:54.43F
11. Susan Munn	54	3:24.53	6:42.31	25:20	35:50.84
12. Jennifer Blake	23	3:28.00	6:39.50	25:52	35:59.50F
MEN					
1. Mike Collins	26	2:17.78	4:53.09	19:01.87	26:12.94
2. Andy McPherson	45	2:17.88	5:02.56	18:56.00	26:16.44*
3. Ken Petruzzelli	19	2:25.99	5:06.91	19:30.00	27:02.50F
4. Ulyssis Ludwig	19	2:27.59	5:08.28	20:04.11	27:39.98F
5. Jeff King	35	2:27.79	5:21.00	20:20.95	8:09.74*F
6. Ted Deacon	42	2:35.06	5:24.45	21:02.00	29:01.51
7. Dave Woodruff	35	2:43.33	5:31.47	21:56.00	30:10.70F
8. Robert Norris	54	2:57.95	5:56.00	22:48.97	31:41.92*
9. Mike Neasham	21	3:04.78	5:53.00	24:07.85	33:05.63
10. Jim Frampton	46	2:58.80	6:13.80	25:01.00	34:13.60
11. Marty Antony	25	4:39.90	9:46.69	32:12.00	46:38.59F

Pseudo Brute (200 Back + 400 Back + 1,650 Free)

1. Greg Johnson	35	2:16.00	4:41.33	18:52.50	25:49.80
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* Denotes DAM age group record

F Denotes first time Brute

Brute Squad Team Statistics

	92	91	90	89	88
Total Participants	24	21	17	13	12
Female participants	12	10	9	4	1
Male participants	12	11	8	9	11
Club records set	5	7	6	1st Yr	N/A
First timers	11	13	N/A	N/A	N/A

DAM December 92

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Stroke/IM 1	Sprint/Fins 2	Middle Distance 3	Stroke/IM 4	Intensive Workout 8:30-10am Lap Swim 11-1 <u>Truckee Meet</u> 5
Technique Workout 8:30-9:30 Backstroke Lap Swim 11-1 6	Distance 7	Stroke/IM DAM Board Meeting 8	Sprint/Fins 9	Mid-Distance 10	Stroke/IM 11	Intensive Workout 8:30-10am Lap Swim 11-1 12
Technique Workout: Breaststroke 8:30-9:30 Lap Swim 11-1 <u>DAM Holiday Party</u> 3401 Oyster Bay 6pm 13	Distance 14	Stroke/IM 15	Sprint/Fins PMS Meeting 16	Mid-Distance Mike to Hawaii until Dec 27 17	Stroke/IM 18	Intensive Workout 8:30-10am Lap Swim 11-1 19
Technique Workout: Butterfly 8:30-9:30 Lap Swim 11-1 Hanukkah 20	Distance 21	Stroke/IM 22	Sprint/Fins 23	Mid-Distance <u>Christmas Eve</u> Workouts 7,10,11,12 Only 24	<u>Christmas</u> Workouts: 11, & 12 only 25	Intensive Workout 8:30-10am Lap Swim 11-1 26
Technique Workout: Free/Flip Turns 8:30-9:30 Lap Swim 11-1 27	Distance 28	Stroke/IM 29	Sprint/Fins 30	Mid-Distance <u>New Year's Eve</u> No 6 or 7pm workouts 31		

Quote of the Month - "You're not old until it takes you longer to rest up than it does to get tired." Dr. Phong Allen

DAVIS
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