

## 1993



### Another DAM Good Year

**Coach's Column**  
by Michael Collins



Wow! Another year has swiftly come and gone. I think it's always important to take a few minutes to reflect on how the year went. Most likely, you will remember both good things and bad. Hopefully, the good parts far outweighed the bad. I certainly think it went well for DAM. The following is a quick highlight of how the year went for the club:

**January:** 17 completed the first- ever DAM Freestyle Ironman event. DAM won the large team title of the USMS Hour Swim Championships for the third straight year. Video Analysis began to be offered at the Sunday Technique workouts.

**February:** Fitness Challenge and Stroke Improvement Month. Treasurer Barb Paulson's mother passed away.

**March:** Coach Mike assistant-coached UCD Men to 3rd at NCAA Division II Nationals. 16 DAM swimmers attended a rainy meet at Berkeley.

**April:** DAM/UCD Swim Clinic instructed many on the fundamentals of competitive swimming. DAM placed 6th in the medium size team division at the PMS SC Championships at Stanford.

**May:** Cinco de Mayo brought a fun meet to Community and a great party at Stan & Christine's afterward. UCD Women won the Collegiate Water Polo Championships! USMS SC Nationals in Santa Clara attracted 40+ DAM swimmers. The women finished 4th in the large team division. Long Course training in Woodland began.

**June:** The Berryessa Swim miraculously hit a good weather window between two killer downpours. The threat of rain kept the numbers down a bit, but those who attended found great weather and unexpectedly warm water. DAM also placed second at the PMS Open Water Championships for the second straight year.

**July:** DAM won the women's division at the Trans Tahoe Relay and had swimmers on the men's team that BLASTED the Olympic Club by 5 minutes. DAM also won the medium size team division at the PMS LC Championships at Santa Cruz. Coach Michael Collins named PMS Coach of the Year.

**August:** 8 DAM swimmers traveled to Minneapolis for the USMS LC Championships and 7 came back National Champions! Coach Don Veress married longtime sweetheart Julie Medows.

**September:** A mere week after Coach Don ties the knot, Coach Collins marries Jennifer Blake. DAM, in a joint venture with the City of Davis,

*Continued on pg 4*

**DAM HOLIDAY PARTY!**  
**6:30PM**  
**SUNDAY**  
**DECEMBER 12**  
**3401 OYSTER BAY**



**See p 5 for party details!**

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### December Workout Schedule

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

## Upcoming Events:

Friday Dec. 3, 10, & 17  
 No 7 PM workout  
 Sunday Dec. 12  
 Videotaping at the  
 Techniqueworkout  
 Sunday, Dec. 12  
 Holiday Party at Betty Dugan's  
 3401 Oyster Bay — 6 PM  
 Friday Dec. 24  
 Christmas Eve  
 Workouts at 7,8,10,11 only  
 Saturday Dec. 25  
 Christmas Day  
 Lap Swim Only 11-1  
 Friday Dec. 31  
 New Year's Eve  
 Workouts at 7,8,10,11 only  
 Saturday Jan 1  
 New Year's Day  
 Lap Swim Only 11-1  
 Sunday Jan. 2 1994  
 Freestyle Ironman  
 1,650+1,000+500+200+100+50  
 (DAM records on page 5)  
 May 13-16, 1994  
 USMS SC Nationals @ ASU, Tempe,  
 Arizona (Phoenix)

## We Need Your HELP!!

To help the needy in Yolo county, you can donate canned and packaged goods to the Yolo County Coalition Against Hunger food bank. Bring your donations to the pool. A barrel will be on deck for the first three weeks of December. The following is a list of preferred foods.

*Happy Holidays and Thanks!*

### Preferred Foods:

canned meats(tuna, chicken)  
 canned stew  
 macaroni and cheese  
 powderd milk(with fat)  
 cereals

Holiday foods; cranberries, stuffing  
 canned fruits and vegetables

**Ready for the Holiday Party? Get some recipe ideas on page 7. Don't miss the fun!**

## USMS Postal 6,000 Championships

Ten DAM swimmers completed the USMS 6,000 Postal Championships during the last weekday Intensive Workout of the year at Emerson. All swims were DAM Team Records! We'll give you an update in a future newsletter on how our swimmers ranked nationally.

Name	Age	Time
<b>Women</b>		
Kristine Harvey	35	1:25:10
Lisa Strampach	34	1:25:15
Carolyn Thomas	30	1:30:00
Jennifer Collins	24	1:38:00
<b>Men</b>		
Michael Collins	27	1:09:50
Greg Johnson	36	1:14.45
Jeff King	36	1:14.55
Andy McPherson	46	1:18:50
Jim Martin	30	1:25:35
Jeff Ruda	45	1:48:10

Two relay teams broke the USMS records!  
 Harvey, Stampach, Thomas 25+  
 Johnson, King, McPherson 35+

## Join DAM in Arizona for Short Course Nationals

The 1994 USMS Short Course Nationals will be held May 13-16 in Tempe, AZ. Plans are already being made for this team trip. Remember, Nationals aren't just for fast people — everyone is welcome to join in the fun. Andy McPherson (former Phonician) has already made motel reservations right across the street from the pool. Contact Coach Mike if you would like to be included in reservations. The following people have already tentatively committed to attending: (If your name was omitted let coach Mike know you are planning to attend)

Todd Bailey  
 Steve Carlson  
 Jennifer Collins  
 Michael Collins  
 Eduardo Duque  
 Greg Hribar  
 Greg Johnson  
 John Keppeler  
 Andy McPherson  
 Susan Munn  
 Robert Norris  
 Roswita Norris  
 Christine Schultz  
 Doug Smith  
 Lisa Strampach  
 Doug Wright



## Treasurer's Tips by Barbara Paulson

Everyone who swims with Davis Aquatic Masters must be registered with either United States Masters Swimming (USMS) or with United States Swimming (USS) for those who are 18. This is required so that DAM 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 to require that you re-register when you re-enroll for Winter Quarter. Forms for Pacific Masters Swimming (PMS), which is the local USMS organization, will be on the bottom of the Winter Quarter re-enrollment forms. They need to be completely filled out including the signature and turned in with the \$25.00 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 the 24th of December. You may include the \$25.00 PMS fee with your dues check if you send the dues in with the re-enrollment form. If you have joined DAM and PMS since October 1, your PMS card will be the 1994 card, and you just need to note that on the form. If for any other reason you have a 1994 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.

Since some of you will not be swimming in December or a part of December, I remind you of our leave policy. If you go on leave, it must be for a full month. You cannot 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 \$2.00 per month. If you are on leave you are a continuing member, keep your priority number and continue to receive the newsletter by mail if we have your current address.

### PMS Short Course Meters Championships November 13-14, 1993 Eagle Park Pool, Mountain View

Women	Age Group	Event	Time	Place
Jennifer Collins	19-24	400 Free	6:07.68	2nd
		200 IM	3:25.34	3rd
Chrissy Schultz	19-24	200 Free	2:49.97	2nd
		50 Breast	39.32	1st*
		200 Breast	2:59.22	1st*
		50 Fly	33.33	1st
		400 IM	5:37.40	1st
		100 IM	1:14.88	1st
		200 IM	2:41.87	1st
Chris Winn	25-29	100 Breast	1:24.00	2nd
		1500 Free	20:58.25	2nd
		50 Breast	43.47	4th
		200 Back	3:01.81	4th
		200 Breast	3:14.00	3rd
Men	Age Group	Event	Time	Place
Michael Collins	25-29	400 IM	5:06.70	1st*
		400 Free	4:22.14	1st*
		200 Fly	2:27.05	1st*
		200 IM	2:20.77	1st*
Eduardo Fernandez-D	25-29	50 Breast	35.18	6th
		50 Free	27.39	6th
		200 Breast	2:59.68	3rd
Steve Carlson	70-74	50 Breast	51.72	2nd
		50 Free	36.65	2nd
		100 Back	1:46.27	2nd
		200 Free	3:04.13	1st

\*PMS Record

## Welcome New Members

Greg Hribar  
Kim Roberts  
Chrissy Hunter  
Tommy Cordova  
Debra Brender  
Lori Gailband  
Helen Morrison  
Rachel White  
Eric Carlock  
Elizabeth Libal  
McDaniel Keith  
Liz Woolner  
Kristen Hadfield  
Craig Ostrander  
John Gabriel  
Federico Moncloa  
Kendy Radasky  
Ted Grosholz  
Juliet Schey  
Cynthia Toy  
Karen Charney  
Tom McNamara  
Bill Morse  
Jeremy Warren  
Carolyn McAllister  
Jason Rivers  
John Williams  
Chris Csordas  
Tatja Hopman  
Eugenio Martinez  
Brian Timmerman  
Maria Ryken  
Susan Morin  
William Leipham  
Marsha Feldman  
Jennifer Clark  
Scott Hawley  
Ron Thunen  
Mark Holman  
Johanna Spickler  
Susan Harrison  
Mary Johnson  
Michelle Velasquez

**Don't know what to get as  
holiday gifts? Shop at  
DAM. See page 6 for  
details.**

## HAPPY BIRTHDAY!

David Gilmer	12/1
Elbridge Gerry Puckett	12/1
Audrey Haverstock	12/1
Mary Chen	12/1
Brad Moore	12/1
Anne Bressler	12/3
Roberta Ranstrom	12/4
David Woodruff	12/4
Juliet Schey	12/4
Harry Colvin	12/5
Janine Addison	12/5
Byron Philleo	12/6
Loreen Kleinschmidt	12/6
Jean Fritzen	12/7
Dennis Wilson	12/8
Beverly Batha	12/8
Claire Mazow Gelfman	12/9
Allison Alcalay	12/11
Michael Mullen	12/13
Ernie Wells	12/13
Ellen Moratti	12/14
Jeremy Warren	12/14
Jennifer Norris	12/15
Roswita Norris	12/16
Michael Bey	12/21
Greg Drumheller	12/23
Eve Sloane	12/24
Karen Schelegle	12/28
Diane Gilmer	12/28
Emily Plesser	12/28
Kip Freytag	12/28
Marnelle Gleason	12/29
Traci Roth	12/30
Mary Wang	12/30
Eleanor Calkin	12/31
Mark Crosby	12/31
Barry Hulce	12/31

### Record Times Advertising Rates

<b>Business Card</b>	<b>\$15.00</b>
<b>Half page</b>	<b>\$36.00</b>
<b>Full Page</b>	<b>\$100.00</b>

**10% discount for ads to run  
four months or longer.**

## Grocery Scrip - What is It?

Several new members have had questions about the grocery scrip program and have asked for a newsletter article explaining what they need to know. So if you are already participating in this fund raiser, please feel free to skip this article. On the other hand, even if you are an old-timer, but haven't taken the time to figure out how you can help the club with this relatively painless fund raiser, please take the time to find out and possibly participate this month.

In cooperation with Aquadarts, we order what are actually gift certificates at six stores in town. Depending on how much is ordered, we get a discount. If the order is for \$5,000, we pay \$4700. However, if it is smaller, the percentage goes down. We are planning on using the money raised this way to help build a much-needed office and storage-space building at Civic Center pool.

All you need to do is to send in a check with one of the purple 'grocery' forms that are in the bins near the dues box. If you can't find the forms, you can send the check with your name, address, the grocery store and the denominations that you want. As soon as we get the scrip, I will mail it back to you. It is helpful if you include a self-addressed envelope. If it has a stamp on it, so much the better.

The stores that are participating in the are Albertsons, Co-op, Longs, Lucky, Safeway, and State Market. Most have \$10, \$20, and \$50 certificates. Co-op only has \$5 certificates. I have tried to order ahead a little, without putting too much of a strain on the DAM checkbook, so if you forget to get the order in on time, I may still be able to fill it within a few days. Otherwise I will include it with the next order. Several people have standing orders. I order the scrip for them, and send it to them when the check arrives. That way they only have to write the check, not worry about the specific deadline for that month.

Speaking of deadlines, there are two for December—Monday the 6th, at 11:00am, and Thursday the 30th, at 11:00am. If you get your order in by those dates, they will be sure to be included, and you will receive the certificates in about a week to 10 days. Feel free to call me, Barb, at 756-4234 for more information or if you have a last minute order.



### Coach's Column Continued from pg 1

began offering a Fitness Lap Swimming Class four times a week. In addition, weekday Intensive workouts were started at Emerson twice a week.

**October:** Civic Center Pool Closed for first two weeks — BUMMER! Pentathlon Mania hit DAM. Starting with the Sprint Pentathlon in Sac (50 of each stroke + a 100 IM), followed two weeks later by the Middle Distance Pentathlon (100 of ea. + 200 IM), and finishing off the month with the Killer Distance Pentathlon (200 of ea. + 400 IM). 22 did the Sprint, 16 made the Mid-Distance, and a lucky 7 survived the Distance version.

**November:** If Pentathlon Mania wasn't hard enough, it got tougher with the Brute Squad and the USMS Postal 6,000. Fitness Lap Swim Class and weekday Intensive workouts ended.

**December:** This is it! Your last chance in 1993 to meet some of your goals for the year. Just get out there and do it! A timed 100 Fly under 1:30, 10 x 100 Free on a 1:20 interval, make four workouts per week, clean out the garage, whatever. Don't put it off till next year.

Next month I will talk about setting swimming-related goals to help keep you motivated. Happy Holidays! Stay wet, and DON'T EAT TOO MUCH! ♡

# December Swimmers of the Month

## Dave and Susan DeYoung

By Kit Owen

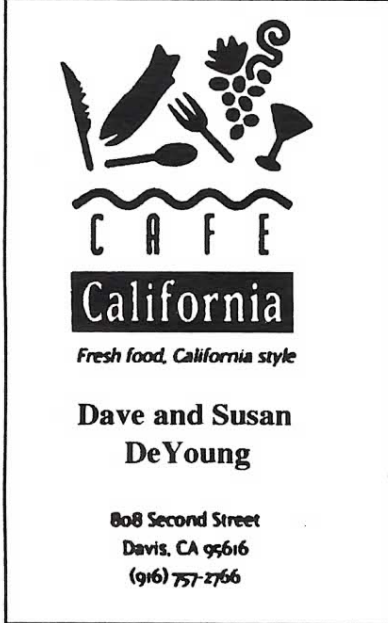
Swimmer of the Month is normally an award given to the DAM swimmer, or swimmers, in recognition for their service to the club and its members. This month it is with great sadness that this column is more of a memorial. In this last month of 1993, we would like to recognize Dave and Susan DeYoung.

Susan was recently killed in a bicycling accident while she and Dave were touring in Portugal. Dave is dealing with tremendous grief, but was so gracious to give some insight into their lives.

Dave and Susan met in southern California and moved to Berkeley in 1986 so that Susan could attain a masters in Public Health. Six years ago, they moved to Davis, where Susan had received her undergraduate degree in Nutrition. Both Dave and Susan enjoyed various athletics. Dave says that although Susan loved skiing and running, backpacking was her favorite. While living in southern California, they developed and taught a basic mountaineering course. They first started swimming just during lap swim hours. It was Susan who had the competitive swimming background. Dave's entrance to swimming was through Susan, his brother and friends.

Dave and Susan joined DAM in July 1991 after returning from a 5 month leave of absence from work during which they did extensive traveling. They both enjoyed DAM for several reasons. They liked the structured workout and the coaching, and they enjoyed the support and social aspects of fellow swimmers. Dave says he feels a bit odd, receiving this recognition, because he and Susan have never really done anything for the club. But, I'm sure that those people who swam in the same lanes as Susan and Dave would say differently. Its not just the big things that people do for the club, like organizing races or serving on the Board, but the little things, like encouraging lane mates, cheering when they do a best time in workout, that make DAM a great club. Every member does something, in their own way. Our thanks and our thoughts to you Dave.

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



**CAFE**  
**California**  
*Fresh food, California style*

**Dave and Susan  
DeYoung**

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

## Freestyle Ironman Short Course Meet Records

### 1,650 + 1,000 + 500 + 200 + 100 + 50

(as of 1/93)

Age Group	Name	Yr	1650	1000	500	200	100	50	Total
19-24	Jill Newman	93	22:54	13:44	6:56	2:44	1:13	:35	48:06
None									
25-29	Chris Chichester	93	19:22	11:38	5:52	2:15	1:02	:29	40:38
	Mike Collins	93	18:43	11:03	5:24	1:59	:56	:25	38:30
30-34	Ann Motekaitis	93	21:34	12:16	6:14	2:24	1:08	:30	44:06
	Lance Halsted	93	18:48	11:19	5:41	2:09	1:01	:27	39:25
35-39	Melody Herbst	93	31:35	19:15	8:55	3:24	1:37	:44	65:30
	Greg Johnson	93	18:50	11:10	5:34	2:09	1:02	:28	39:13
40-44	None								
	Rand Schaal	93	20:49	12:25	5:56	2:13	1:03	:27	42:53
45-49	None								
	Andy McPherson	93	20:08	12:04	5:40	2:04	:55	:26	41:17
50-54	Betty Dugan	93	28:28	18:12	8:11	3:04	1:25	:36	59:56
None									
55-59	None								
None									
None									
60-64	Paul Brady	93	26:20	16:06	8:36	3:16	1:34	:42	56:34

## Come to the Holiday Party!

Once again, Betty Dugan opens her house to all the DAM people gathering to celebrate the Holiday season. Come one and all, come to enjoy socializing with fellow swimmers whom you might not recognize with their clothes on. What to bring? Bring a favorite dessert or snack to share, bring a small gift, under \$10.00, wrapped to exchange in the traditional "gift roulette", and bring your laughter and good cheer. DAM will provide the beverages. See you there on Sunday December 12 at 6:30PM, 3401 Oyster Bay!

## PMS Long Course - Top Ten 1993

Name	Age Group	Event	Place				
<b>Women</b>							
Jennifer Blake	19-24	200 M Free	4th			100 M Back	7th
		400 M Free	2nd	Roswita Norris	50-54	200 M Back	8th
		800 M Free	1st			100 M Fly	3rd
		1500 M Free	2nd			100 M Free	7th
Chrissy Schultz	19-24	200 M Back	5th			100 M Back	2nd
		1500 M Free	1st			200 M Back	3rd
		200 M Back	2nd			100 M Breast	4th
		200 M Breast	2nd			200 M Breast	3rd
		100 M Fly	1st			200 M IM	3rd
		200 M Fly	1st	<b>Men</b>		400 M IM	1st
		200 M IM	1st	Chris Morgan	19-24		
		400 M IM	1st			50 M Free	2nd
Jennifer Norris	25-29	50 M Free	1st			100 M Free	1st
		100 M Fre	2nd			50 M Fly	1st
		200 M Free	4th			100 M Fly	1st
		800 M Free	4th	Michael Collins	25-29	200 M Free	2nd
		50 M Fly	2nd			1500 M Free	1st
		100 M Fly	2nd			200 M Back	1st
		200 M IM	4th			200 M Breast	2nd
Karen Newsom	25-29	100 M Free	4th			200 M Fly	3rd
		200 M Free	2nd			200 M IM	1st
		800 M Free	3rd			400 M IM	1st
		100 M Back	2nd	Greg Johnson	35-39	800 M Free	1st
		100 M Fly	3rd			1500 M Free	3rd
		200 M IM	5th			100 M Back	1st
Christine Winn	25-29	800 M Free	5th			200 M Back	1st
		1500 M Free	2nd			50 M Free	1st
		200 M Fly	2nd			100 M Free	1st
		400 M IM	3rd			200 M Free	1st
Chrissy Chichester	30-34	1500 M Free	3rd			50 M Free	2nd
		100 M Back	2nd			50 M Fly	1st
		200 M Back	2nd			100 M Fly	1st
		100 M Breast	5th			200 M Fly	1st
		50 M Fly	4th			800 M Free	3rd
		200 M IM	1st			1500 M Free	3rd
		400 M IM	1st			50 M Back	1st
Lisa Strampach	30-34	400 M Free	6th			100 M Back	1st
		800 M Free	7th			200 M Back	1st
		1500 M Free	4th			200 M IM	3rd
						400 M IM	3rd

### Distance Pentathlon Results

Only seven brave (or crazy) souls completed the most brutal of all pentathlons—the Distance Pentathlon. The most impressive performance certainly goes to Tom Cordova who completed the event after just having joined the club a week earlier.

(200 of each stroke + 400 IM)

Name	Age	Fly	Back	Brst	Free	IM	Total
<b>Women</b>							
Gayle Benty (visitor)	40	2:53	3:44	2:48	2:30	5:40	17:35
Lisa Strampach	34	2:58	2:57	3:26	2:37	6:00	17:58
Sarah Scarfe	26	3:25	3:41	4:03	2:09	7:22	21:40
<b>Men</b>							
Michael Collins	27	2:24	2:24	2:43	2:00	4:57	13:28
Tim Birnie (visitor)	45	2:34	2:14	2:55	2:01	5:06	13:50
Vince Fong	27	3:11	3:14	3:00	2:21	6:07	17:53
Tom Cordova	??	3:21	3:39	3:33	2:51	7:14	20:38

### Great Holiday gift ideas from the DAM Shop

Item	Cost
<b>Caps</b>	
Blue w/white logo	\$3.00
White w/blue logo	\$3.00
<b>Goggles</b>	
Speedo Sprint	\$6.00
TYR Racetech Antifog	\$8.00
<b>Swim Suits</b>	
Men's Nylon w/logo	\$20.00
Men's Lycra w/logo	\$20.00
Women's Nylon w/logo	\$30.00
Women's Lycra w/logo	\$40.00
<b>DAM Logo Clothing</b>	
White T-shirts	\$10.00
Embroidered Polo	\$20.00

## FINALS Outstanding Performance of the Month



by Michael Collins

Chrissy has continued her competitive swimming straight out of college. Usually, swimmers come out of college burned out on swimming and competition and look forward to staying out of the water for a while. However, every once in a while you come across someone with a positive attitude for swimming and competition. Chrissy is one of those people. After swimming four years at UCD, she has made the switch to Masters easily, always showing up at workout with a positive attitude. In the last few months she has quietly been dominating the Women's 19-24 age group. She won her age group at the Sacramento Pentathlon, and most recently led the DAM charge at the PMS Short Course Meters Championships in Los Altos, where she finished first in 5 of her 6 races. Two of those races, the 50 Breast & 200 Breast, set new PMS records. I hope other collegiate athletes follow her lead, continuing to compete after their collegiate eligibility is up - and have fun while doing it.

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

### Christine Shultz

## Holiday Treats With *Less Fat*

Once again, its time to bake treats, eat treats and miss swim workouts because of busy Holiday plans. Christmas cookies, pies, pumpkin bread, and ect., we all bake them and most of the time eat them too. Sometimes we eat them before they ever leave the house! Holiday treats and healthful eating are usually mutually exclusive, but here are some suggestions to reduce the fat in holiday recipes. The following was taken from a Nutrition column by Linda Houtkooper, Ph.D, RD, that appeared in the November edition of *Swimming World*.

*Q: I like to bake brownies, pumpkin bread and cakes. Any ideas on how to make them lower in fat?*

A: You can "prune the fat" form homemade brownies, cakes and quick breads by using applesauce or prune puree. The fat in these types of foods usually comes from vegetables oils, margarine, butter, or shortening. You can replace the fat in recipes for these types of food by substituting an equal amount of unsweetened applesauce for the fat.

So, if a recipe for pumpkin bread includes one cup of oil, simply use one cup of applesauce instead. You will still have a chewy brownie and moist carrot cake or pumpkin bread. Prunes, which are really dried plums can also replace oil, butter, margarine, or shortening in a recipe. Just put 1-1/3 cups of prunes (8 ounces) in a food processor or blender with 6 tablespoons of water and process until smooth. Substitute 1 cup of this prune puree for each cup of fat in the recipe.

Using prunes as a fat substitute not only reduces the fat and calories in a recipe, but it also increases the amount of fiber and other important nutrients like vitamin A.

Two ingredients in prunes - pectin and sorbitol - make it especially advantageous to substitute prune puree for fat in baking. The pectin acts like shortening by trapping air in baked goods, The sorbitol, a sugar alcohol, attracts and binds moisture to keep the baked products moist.

Since applesauce and prunes naturally contain sugar, you can also reduce the sugar in a recipe by one-third. The result will be good-tasting brownies, cakes and quick breads that are also lower in fat and calories than a product made with the original recipe.

### Workout and Lap Swim Hours

#### Workouts: Monday-Friday

##### Civic Center

6 AM	Noon
7 AM	1 PM
10 AM	7 PM
11 AM	

##### Community

6 PM

#### Workouts: Saturday

##### Civic Center

8:30 AM - 10:00 AM  
Intensive

#### Workouts: Sunday

##### Civic Center

8:30 AM - 9:30 AM  
Technique

#### Lap Swim:

#### Saturday and Sunday

##### Civic Center

11:00 AM - 1:00 PM

December DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Stroke/IM Swim - 6 x 100 IM Kick - 400 IM Swim - 4 x 250 IM Mix Pull - 6 x 150 Fr	Sprint/Fins Main set: Swim w/ Fins 10 x 100 Specialty 1-4: 75+25 5-7: 50+50 8-9: 25+75 10: 100 FAST	Middle Distance Main Set: 10 x 200/150/100 (No 7 PM Workout)	Intensive Workout 8:30 AM Main set: Pull or Swim 6 x 600 Odd's - Broker Even - Straight Lap Swim 11-1
Technique Workout Backstroke Emphasis 8:30 AM  Lap Swim 11-1	Middle Distance Main set: 600+500+400+ 300+200+100 :10 rest before last 100 of each swim	Stroke/IM  Main set: 400 IM+300 Free+ 200 Free+200 IM+ 100 Free+100 IM	Distance 4 x 600 Broken #1: 6 x 100 #2: 3 x 200 #3: 2 x 300 #4: 1 x 600 DAM Board Meeting 7:00 PM	Stroke/IM  Main Set: 8 x 100 8 x 75 8 x 50  HARUKAH	Sprint/Fins  Main set: 4 x (100+75+50+25) Odd sets: Free Even sets: Non-Free  No 7 PM Workout	Intensive Workout 8:30 AM  Lap Swim 11-1
Freestyle Videotaping Technique Workout 8:30 AM  Lap Swim 11-1  DAM Holiday Party	Middle Distance  Main set: 4 x 600 Free or 400 Non-Free	Stroke/IM  Main set: 6 x (200 IM + 100 Fr)	Distance  Main set: 1,000+800+600+ 400+200  PMS Meeting	Stroke/IM  Main set: 3 x (4 x 50 + 200)	Sprint/Fins  16 x 25 w/ Zoomers 5 x 100 w/ Zoomers  No 7 PM Workout	Intensive Workout 8:30 AM  Main set: Timed 2,000  Lap Swim 11-1
Technique Workout & Videotaping 8:30 AM  Lap Swim 11-1	Middle Distance  Main set: 3 x 200 + 3 x 150 + 3 x 100	Stroke/IM  Main set: 3 x 200 + 4 x 150 + 5 x 100 + 6 x 50	Distance  Main set: 1 x 1,000 Free Timed	Stroke/IM  Fin Day 4 x (4 x 50 + 200)	Sprint/Fins  Limited Workouts: 7,8,10, & 11 only  Fox & Hound Relays  CHRISTMAS EVE	No Intensive or Lap Swim  CHRISTMAS DAY
Technique Workout 8:30 AM  Lap Swim 11-1	Middle Distance	Stroke/IM  25's Mania 20 in each stroke	Distance  Main set: 600 + 1 x 100 500 + 2 x 100 400 + 3 x 100 300 + 4 x 100 200 + 5 x 100	Stroke/IM  Main set: 4 x (3 x 50 + 200 IM or 250 Free)	Sprint/Fins Main set: 150's "2 for 1" Limited Workouts: 7,8,10, & 11 only NEW YEARS EVE	

Quote of the Month: "The only time you can't afford to fail is the last time you try." — Charles Kettering

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The Record Times is published monthly by Davis Aquatic Masters. Thanks to Michael Collins, Kit Owen, Barb Paulson and others for articles and materials. The editors request comments/suggestions from readers.