



The Record Times

FEBRUARY 1992

Volume III, Number 2

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

Coach's Column

- by Michael Collins

Hour Swim Update

Well over 100 DAM swimmers participated in this year's event - swimming over 400,000 yards! 10 new DAM age group records were set - 5 individual and 5 relays. Great job! Look for our team results posted at the pool or in next month's newsletter. Next year PMS hosts the meet, and we are working on adding a total team yards competition like PMS ran a few years ago.

Stroke Improvement Month

February is once again Stroke Improvement Month. Freestyle, Backstroke, Butterfly, and Breaststroke. A stroke a week is all we ask. We will time a 100 in each of those strokes on Friday's to check your improvement.

Upcoming Events -

- Feb 3-8 Freestyle Improvement Week
- Feb 9-15 Backstroke Improvement Week
- Feb 16-22 Butterfly Improvement Week
- Feb 23-29 Breaststroke Improvement Week
- Wed Mar 4 Fleet Feet Seminar Series #1.
7:30 pm @ 517 2nd Street.
Important Aspects of a Good Swimmer.
- March 6-8 Walnut Creek Swim Camp. \$60.
Forms posted at Civic.
- Wed Mar 11 Fleet Feet Seminar Series #2.
Nutrition for Swimmers.
Dr. Liz Applegate.
- Wed Mar 18 Fleet Feet Seminar Series #3.
Freestyle Technique & Video -
Michael Collins
- Thu Mar 26 Fleet Feet Seminar #4
Planning your swim training -
Michael Collins

President's message

Please pay close attention to the insert in this month's newsletter. It is a coaches' evaluation form to be filled out by team members in order to help the Board to evaluate performances of the coaches. The Board needs an accurate perception of the members' opinions of the coaches' performance. It is also important to receive as much input as possible, so please make a special effort to return this form to the pool. Another evaluation of the facilities and overall program will come out in the future, so please save your comments regarding these issues for later.

Thanks, *Larry Olsen*

Officials/Clinics Workshop

All those who desire to play a significant role in swim competitions besides having to swim take note- An officials clinic/workshop has been scheduled for all those who need to be re-carded for 1992 and those wanting to become a carded official. All those officials you see at the meets have to come from somewhere, and this is a great place to start. The clinic is

at: Emerson Jr. High, Music Room (left of main entrance)

2121 Calaveras Ave, Davis, CA

on: February 27, 1992 (Thursday night),

7:00—10:00pm

Newsletter Editor needed

Your current newsletter editor is furthering his career after obtaining a masters degree in Water Science. Thus the Board is Seeking an enthusiastic, creative person proficient in Macintosh desktop publishing programs (i.e., Pagemaker, Taste etc.) to produce the DAM newsletter on a monthly basis. Please contact Melody Herbst at 752-1234 if interested. Maybe this can be your way of contributing to the Davis Aquatic Masters!

February	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Schedule	Distance	Stroke/IM	Sprint	Mid. Dist	Stroke/IM	Intensive	Technique IMpr.

Power Foods Tip of the Month

The following table is from DAM member & UCD Lecturer Dr. Liz Applegate's new book POWER FOODS. Her book is available at Walden Books and The Avid Reader.

Table 3-5 **GOOD-FOR-YOU PROTEIN TIPS**

Try these easy-to-do substitutions and tips for healthful protein foods.

Instead of . . .	Try . . .
Choosing higher-fat beef cuts such as ribs (prime), choice sirloin, flank, or brisket	Picking lean beef cuts such as top round, round tip, sirloin, tenderloin
Using bottled marinades with oil	Marinating meats in herbs and wine or lemon juice
Cooking with skin on poultry and visible fat on meat	Partially freezing poultry and meat to easily remove skin and trim visible fat
Using cream cheese or mayonnaise	Spreading peanut butter or cottage cheese blended with yogurt on bagels and muffins
Using higher-fat cheeses such as cheddar, Monterey jack, and Swiss	Choosing low-fat cheese or "lite" processed cheese
Adding oil, butter, or margarine for cooking meats	Sautéing and browning meat or tofu in a nonstick skillet
Adding fat to stews, soups, sauces	Skimming fat off
Frying or roasting meat or poultry in a pan	Broiling or roasting on an oven rack
Pan-frying or breading fish	Poaching, broiling, or microwaving
Using 2 whole eggs	Using 1 egg white and one large egg
Choosing pastrami, bologna and salami	Picking lean ham, thin sliced roast beef and turkey as deli choices

January Board Notes

Summary of the latest Board meeting:

- Current enrollment= 352 with 15 new members
- Finances in good shape i.e., net profit for 1991
 - \$1000 towards new fins.
 - Incentive performance bonus to Coach Mike
 - Avoidance of dues increase(until 3/92)
- Long-term capital improvement fund in the wings for pool improvements.

Next Board meeting: Thursday, February 6th, 7:00pm at the Chamber of Commerce Office, 228 B. St.

Workout & Lap Swim Hours

Mon.—Fri.

6am, 7am, 10am, 11 am, 12, 1, 6, 7pm
6pm @ Comm.

Saturday

8:30—10am
(intensive)
@ Emerson

Sunday

8:30—9:30am
Saturday, Sunday

11—1pm
5—6pm
lap swim

THE FINALS



Sally Woods

FINALS Outstanding Performance of the Month

It's very tough picking an Outstanding Performance in February since there are always so many impressive hour swims. This month I've selected someone who may not have impressive times to most, but I was certainly impressed! Sally joined DAM in 1991. The first time we timed her in a 100 Free she went 4:00. Now, less than a year later, she went 2,500 yards in the hour swim - a 2:20 pace per 100. Great job Sally! Sub 2:00 is just around the corner.

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

Happy Birthdays!!

Mike Rushton	2/3
Michael Neashan	2/4
Marla Stuart	2/5
Lee Fitzhugh	2/6
Nina Heinzinger	2/7
Lisa Strampach	2/8
Mary Horton	2/10
Lisa Duarte	2/10
Paul Teller	2/10
Erika Kegel	2/11
Nirvi Patel	2/13
Stephanie Faulhaber	2/13
Jeanie Kelly	2/13
Lance Halsted	2/14
Lestie Westergaard	2/14
Jennifer Cowden-Miramontes	2/14
Dick Bourne	2/15
Carol Glazier	2/16
Rich Robal	2/17
Penny Kremer	2/18
Greg Johnson	2/21
Mike Collins	2/23
Karen Charney	2/23
Joel Lee	2/23
Dave Rude	2/23
Jane Doroff	2/25
John Gotelli	2/25
Jennifer Aguilar	2/26
Kathi Brookes Joye	2/27
Steve Dascomb	2/28
Jon Tice	2/28
Jennifer Coon	2/29

Welcome new & re-enlisted members!!

Katherine Laay
Michael Taylor
Joune Kosos
Eris Katselra
Edward Soboleg
Tom Phillips
Adrey Nelson
Dave Berreman
Molly Atwood
Dawn Neala
Bryrene Thompson
Kelly Crosby
Debbie Maha-Walser
Mike Williams
Benjamin Andree
Donna Battal
Paul Teller
John Gotelli
Kristin Stevens
Christine Heavner
Tina Wallis
Becca Prager
Laura Huffig
Stan Robinson
Charles Drort
Danara Fradette
Christina Hatch
Doug Salsky
Cary Babin
Adrey Hopkins
Kathy Lee
Mark Williams
David Tanner
Elizabeth Tanner

February Swimmer of the Month

Long-time members Ken and Janet Kimble are this month's Swimmers of the Month. Janet, and Ken, soon after, joined DAM when Dave Scott coached the workouts.

Although the Kimbles claim not to have done that much for the club, they have a long list of contributions. The Kimble helped organize and run one of the first meets at the Community Pool in Davis. Janet served as the course clerk and Ken helped with the set-up. Both Ken and Janet help time at meets. Ken has also done needed maintenance around the pool with long time buddy, Verne Scott. He has also helped direct traffic at many a Berryessa swim.

The Kimbles swim with DAM because of the camaraderie and the fitness benefits. Janet works out at noon and Ken prefers the 6am workout "to get going in the morning". Ken still swims with lane partners Cap Thompson, Jack Hicks, Jane Horton and Jane Henderson. In the past he competed in a few meets. One of his favorite memories is the Trans-Tahoe cold water swim and a short course meet in Mission Viejo. Says Ken, "I'm retiring (from meets) so Verne can win". Their friendly rivalry keeps Ken swimming before sunrise!

DAM thanks Ken and Janet for their involvement and enthusiasm!

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



C A F E

California

Fresh food, California style

**Ken & Janet
Kimble**

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

Treasurer's Tips

by Barbara Paulson

As treasurer, one of my main jobs is to write all of the checks that are needed (i.e. to spend all of the money for the club). But I also like to see us spend as little money as possible so that we can keep the dues reasonable. The decision was made about a year ago to mail out the newsletters to those who did not or were unable to pick them up at the pool so that every member would have an opportunity to see what is going on with Davis Aquatic Masters. When the newsletters are first printed the coaches try to get everyone who is swimming to pick up their copy at the pool. After about a week, I take the rest of the newsletters and mail them out. Ideally anyone who has been at the pool during the past week has picked up their newsletter so that we can save on postage. Last month when I went to mail the newsletters, there were copies to three people that I had just seen at the pool. If you have been swimming in the past week or so and have just received this in the mail, try to remember to pick it up next time and save the club 29 cents. (That doesn't sound like much, but I mail out about 100 copies each month—that is \$29.00, or close to \$350.00 per year.) If you already pick up your copy regularly, then encourage your friends to do so also.

Hey Skiers- are you looking for a skiing companion?

Tired of those long lonely drives to the slopes and trails? If so, let us know who you are so we can add your name to the list of skiers wishing to carpool and ski together. To get in on the pool call Jim Frampton, events chair at 753-1103, and leave your name, phone number, and type and level of skiing you do (i.e., downhill, cross-country, beginner, intermediate, advanced) Jim will maintain and post this information for club members.

cut here

Hind - Royal Blue Bag w/ White DAM logo

Sample is available at the pool

Make \$25 Check to: DAM

Turn in by March 1st

Name _____

Workout Time _____

Classified

North Davis house for rent. 2BDRM, 1 Bath. Available April 1. Leave message for Kent, 753-5585

Epson Equity II (XT compatible) 640K with math coprocessor, 20mB HD, 5.25" FD and monochrome monitor. \$400.00 or b/o. Call Jim at 753-1103

Give your bicycle a lift for spring! call Jeff's Bike Repair-



517 2nd St.
Davis • CA
95616
758-6453

Zoomers

All sizes
available

Give us your Davis Aquatic Masters
number and get a 10% discount

February 1992

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Intensive 8:30 Lap Swim 11-1 USF Swim Meet Carpools leave Civic @ 7am 1
Workout 8:30 Lap Swim 11-1 Davis Stampede 5K, 10K, & 1/2 Marathon 2	Distance	Stroke/IM	Sprint/Fins	Mid-Distance	Stroke/IM	Intensive 8:30 Lap Swim 11-1
Freestyle Stroke Improvement Week						
	3	4	5	DAM Board Meeting 6	Timed 100 Free 7	8
Workout 8:30 Lap Swim 11-1	Distance	Stroke/IM	Sprint/Fins	Mid-Distance	Stroke/IM	Intensive 8:30 Lap Swim 11-1
Backstroke Improvement Week						
9	10	11	12	13	Timed 100 Back Valentine's Day 14	15
Workout 8:30 Lap Swim 11-1	Distance Presidents Day	Stroke/IM	Sprint/Fins	Mid-Distance	Stroke/IM	Intensive 8:30 Lap Swim 11-1
Butterfly Improvement Week						
16	17	18	19	20	Timed 100 Fly	21
Workout 8:30 Lap Swim 11-1	Distance	Stroke/IM	Sprint/Fins	Mid-Distance	Stroke/IM	Intensive 8:30 Lap Swim 11-1
Breaststroke Improvement Week						
23	24	25	PMS Meeting	26	Timed 100 Breast	28
23	24	25	26	27	28	29

Quote of the Month -

"Hope sees the invisible, feels the intangible and achieves the impossible.."



P.O. Box 921, Davis, CA 95617

Phone Numbers
The Board

Jim Frampton	753-1103
Alberto Goenaga	756-4906
Melody Herbst	753-1234
Katy Barichievich	756-4831
Tom McKenna	756-7427
Larry Olsen	758-9644
Charlie Plopper	753-7673
Head Coach	
Mike Collins	758-7212
Assistant Coach	
Don Veress	756-1610
Treasurer	
Barbara Paulson	756-4234
Newsletter Editor	
Jeff Yoshimoto	758-3811

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