

Strokes/fitness are challenges for February

by Michael Collins

Now that January and the Hour Swim have passed, it's time to move on to a new emphasis. General conditioning was the emphasis in December and January. In February, the focus changes as we concentrate on stroke improvement in each of the four strokes.

Feb 1-7	Breast
Feb 8-14	Fly
Feb 15-21	Back
Feb 22-28	Free

Each day we'll cover a different aspect of the particular stroke. Main sets will still cover all strokes.

In addition, for the first time we are participating in the USMS Fitness Challenge. The fitness challenge is to keep track of how many yards you do in the entire month. Pick up an entry form at the pool for all the details.

I hope this will help motivate you to swim five days a week so you don't miss the stroke instruction, and so you cover as many yards as possible in the month.

In March we will begin specific event and meet preparation. Keep blowing bubbles!

Setting personal swimming goals

Although most of you don't consider yourself to be "competitive" swimmers, that is no excuse for not setting goals in your swimming. Doing anything without some sort of purpose will become dull, boring, and repetitive before too long. Goals are necessary to keep one motivated to continue (especially on very cold days, early morning workouts, etc.).

I'm sure you've been told many times, maybe from parents, teachers, bosses, or even a swim coach, to set goals. What's so important about setting goals? "It seems so silly to spend the time to sit down and write the things you already know you want to do. I just want to swim," you may say. "I set goals for my career, but I don't need to set goals for my recreation."

This SOUNDS reasonable, but is not true if you take a closer look.

Deep inside, we all need justification for everything we do. It's human nature to feel the need for accomplishment. The reward of completing a task worked hard at is something we all strive for, whether it's in the working world or in our personal life. What are you trying to accomplish by swimming?

Many masters swimmers lose their motivation to swim or just plain miss workouts because they can't justify it. "I'm too busy with school/work/family/etc." many say. For these people, swimming gets put into the leftover spots of the

Coach's column by Michael Collins

day, behind virtually everything else. These same swimmers come back a few days or weeks

later and talk about how much they missed swimming. They complain about how tired and sluggish they felt without it. However, after a few days of swimming, they become discouraged with their slower times resulting from the layoff. Often they work so hard to swim the same times prior to the leave that they become sick or injured. This may cause them to miss even more workouts and thus bring their motivational level even lower since they can't justify why they are swimming in the first place.

Swimming needs to be given some priority. Maybe not first or second, but it shouldn't be last either. Goals need to be made that coincide with the priority you put on swimming. "How do I make goals for swimming?" you may ask. Many would probably say "I don't have the time or interest to compete" considering only 20 percent of the 400 swimmers in the club actually compete in events.

Make some short and long term goals for next year. Try to set MANY goals. If you only set one or two simple or wishy-washy goals it probably won't help to motivate you. The more goals you set, the more chance for success you have. Remember, you haven't lost anything if you

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February Workout Schedule

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

Your swimming goals for 1993

Continued from page 1

don't reach a particular goal, but you HAVE accomplished something when you do achieve one. Be SPECIFIC whenever possible, including numbers (distances, times, places, dates, etc.). Many of you don't realize how much progress you have made. If you put times and dates down you may be surprised by how much progress you've really made.

In this newsletter is an event calendar & goal sheet for 1993. Please fill in your top 5 goals for 93 and check any events you may be interested in attending. Then, put your name at the top, photocopy it, and put it in the box at the pool. This will help us remember who you are, and also help to coach you more personally. Remember to keep a copy for yourself in a place you will see it often (like on the fridge)- to remind you of upcoming events and/or of personal goals. This will remind you of why you're swimming and

help justify it (especially on cold days!).

Overcome the Fear of Failure

Many people don't set goals to improve swimming skills or to enter events to check their progress due to a "fear of failure." When asked to do a timed swim in workout or to enter some other event (such as the hour swim), do you say "Oh no, I'm not in shape!", "I'm too slow", or "I don't think I can do as well as last year." These are fear of failure answers. SO WHAT if you don't go as far, SO WHAT if you're not the fastest. It's the process of TRYING to improve that's important.

As one great quote says: "Failure is not the worst thing in the world. The very worst is not to try." However, chances are you'll be pleased with the results, and occasionally reach your goals. So fill out those sheets and turn them in TODAY!

It's time for coach evaluations again

Please pay close attention to the insert in this month's newsletter. It is a coaches' evaluation form to be completed by team members to help the Board evaluate performances of the coaches.

President's Message by Larry Olsen

The Board needs an accurate perception of the members' opinions of the coaches' performances. 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 about these issues for later.

1993 short course championship in CA

Don't miss this opportunity to swim in a national championship meet right here in northern California. This year's short course nationals are going to be in Santa Clara on May 20-23.

Coach Mike would like this to be a big TEAM EVENT, with 30 or more swimmers entering the meet. You don't have to be a "hot shot" swimmer to go to meets. There are swimmers at every level of ability in competition. Talk to Mike about any "meet phobias" you may have, and then try it ... you'll like it!

Entries are due to Mike by April 8. We are going to enter as a team this year, so please do not mail your entry in yourself. Give it to Mike and he will record all your events, compile relays, and then send in all the entries together.

Motel rooms have already been reserved, but are very limited as this

will be such a popular meet. Rooms have been reserved at the Granada Inn, which is within walking distance of the pool. Double-double and double-twin rooms are available for \$47 and \$43 respectively. WE also have a few rooms available at a slightly nicer hotel across the street, the Marianni Inn. These rooms all have one queen bed, and will be \$35 a night.

Space is available on a first-come, first-served basis. If you are planning to attend the meet and would like to reserve a room with your family or a group of friends, or just a bed for yourself, contact Melissa Beaty at 678-1034, or let Coach Mike know at workout.

Remember, the meet is just a few miles from Great America. Why not make it a family weekend at the pool and the park!

Workout and Lap Swim Hours

WORKOUTS: MONDAY - FRIDAY

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

February: Stroke Improvement Month

February Swimmer of the Month: Deborah Smith



DAM thanks Swimmer of the Month Deborah Smith for the outstanding job she does as newsletter editor. Deborah spends many nights in front of her computer proofreading and designing the layout for the *Record Times*. Her editing expertise stems from her position as editor of *Thrust for Educational Leadership*, a magazine published by the Association of California School Administrators.

This is Deborah's last edition of the *Record Times*, because she and her family are moving to Portland, Oregon later this month.

Deborah joined the 6 a.m. workout in 1986. She had never swum with an organized group before joining DAM. Now, Deborah is hooked! She enjoys the benefits of coached workouts and the opportunity to meet other swimmers.

Although she doesn't participate in meets, she does enjoy open-water swimming, and competed in the 1988 Lake Berryessa swim. Deborah plans to continue swimming in Portland and hopes to find a club "as good as DAM." She will miss her fellow 6 a.m. swimmers.

DAM once again thanks Deborah for her excellent work and fresh ideas with the newsletter. We wish you lots of luck and fast swimming in Portland.

A special thank you to Larry Olsen of Cafe California for donating complimentary dinners to the Swimmer of the Month.

January Board notes

- Barb reported that enrollment is remaining steady at about 335 members.
- We have accrued \$860 so far with the grocery store rebate program.
- Barb's new computer is up and running, thanks in large part to her husband Ken.
- The Board discussed four different budget proposals for 1993. A lengthy discussion followed in regards to monthly dues increases to meet long-term goals versus short-term expenses. More discussion will be necessary after a long-range planning committee meets to recommend priorities.
- Plans for Berryessa are progressing and it appears there will be plenty of water.

Happy birthday to:

Mike Rushton	2/3
Michael Neasham	2/4
Lee Fitzhugh	2/6
Lisa Strampach	2/8
Mary Horton	2/10
Lisa Duarte	2/10
Paul Teller	2/10
Erika Kegel	2/11
Sarah Mills	2/11
Kirti Patel	2/13
Tyrone Arnold	2/13
Lance Halsted	2/14
Leslie Westergaard	2/14
Dick Bourne	2/15
Carol Lawson	2/16
Penny Krener	2/18
Amin Noueir	2/18
Carolann Birrittier	2/19
Dana Hill	2/19
Greg Johnson	2/21
Mike Collins	2/23
Joel Lee	2/23
Kathi Brookes Joye	2/27
Jon Tice	2/28

A DAM big welcome to:

Tom Davies III	Roger Bucholtz	Michael Bey
Monica Summers	Motryja Makarewycz	Corinne Okamura
Heather Hopkins	Roxane McKenna	Julie Munoz
Margaret Smiddy	Eric Gard	James Martin
Linda Casillas	Elizabeth Kamaka	Linda Hood
Tate Birnie	Kelly Miller	Roy Sakabu
William Blake	Shawn Shaw	Kristine Dickey
Saman Nazarian	Beth Mangini	

Volunteers needed

The board is looking for interested members to serve on a long-range planning committee.
Contact Carol Lawson at 753-3209



Results from the first DAM Freestyle Ironman

17 DAM swimmers participated in the First Annual DAM Freestyle Ironman - Short Course Yards edition. Each swimmer completed all the short course yards freestyle events - 1,650+1,000+500+200+100+50.

Overall male and female winners were Coach Michael Collins and Christine Chichester. 11 different age groups were represented, so 11 new DAM records were set.

Stay tuned for the Long Course edition to be held this summer during one of the long course workouts at Woodland!

Name	Age	1,650	1,000	500	200	100	50	Total
Women								
Chris Chichester	25-29	19:22	11:38	5:52	2:15	1:02	:29	40:38*
Ann Motekaitis	30-34	21:34	12:16	6:14	2:24	1:08	:30	44:06*
Jill Newman	19-24	22:54	13:44	6:56	2:44	1:13	:35	48:06*
Jennifer Blake	19-24	24:43	14:43	7:26	2:43	1:15	:32	51:22
Betty Dugan	50-54	28:28	18:12	8:11	3:04	1:25	:36	59:56*
Julie Jensen	30-34	30:06	19:19	9:00	3:16	1:32	:42	63:55
Melody Herbst	35-39	31:35	19:15	8:55	3:24	1:37	:44	65:30*

Men								
Mike Collins	25-29	18:43	11:03	5:24	1:59	:56	:25	38:30*
Greg Johnson	35-39	18:50	11:10	5:34	2:09	1:02	:28	39:13*
Lance Halsted	30-34	18:48	11:19	5:41	2:09	1:01	:27	39:25*
Andy McPherson	45-49	20:08	12:04	5:40	2:04	:55	:26	41:17*
Rand Schaal	40-44	20:49	12:25	5:56	2:13	1:03	:27	42:53*
Mike Lewis	25-29	20:58	12:40	6:14	2:19	1:05	:29	43:45
Chazz Hesselein	35-39	23:49	13:24	6:41	2:28	1:08	:29	47:59
Dane	25-29	23:52	13:34	6:31	2:43	1:20	:28	48:28
Brian Fisher	25-29	23:41	14:23	7:18	2:33	1:16	:33	49:44
Paul Brady	60-64	26:20	16:06	8:36	3:16	1:34	:42	56:34*

*Denotes DAM Age Group Record

\$10 OFF FOR FIRST VISIT



Richard Strohl
Certified Massage Therapist

756-5087

AMTA MEMBER # 15795-4

**PROVIDING QUALITY BODYWORK
FOR EXCEPTIONAL ATHLETES**

DAM: Goals for 1993

1993 Coaching Goals

At a swimming clinic recently I heard a quote that really seemed to hit home for me: "People don't care how much you know, until they know how much you care." I truly believe that the coaching staff cares about your progress and enjoyment of swimming.

In the coach's evaluations we hand out every year, many ask for more personal attention and feedback. We WANT to motivate you to improve, stay fit and have fun through swimming. Sometimes, however, we have difficulty communicating this. Freezing our butts off on the deck in the fog, rain, etc., we lose our focus on the pool and what you are doing. We are, however, trying to stay "tuned-in" to what's going on in the pool.

The coaches need and look for motivation too. We look for it in you! If you think we are boring and not motivating it may be because YOU are. If you always have a negative attitude about getting in on time, making a tight interval, swimming FAST when asked to, or doing a stroke drill correctly, or you always talk when workouts or announcements are being given, it's hard for us to keep trying.

Sometimes it feels like we're pulling teeth trying to get people to really try. We enjoy seeing people swim faster, it gives us a sense of accomplishment. If you do the things mentioned above, we tend to back off. We don't want to embarrass you, or ourselves, by continuing to ask you to do things you don't want to. So tell us what you want to accomplish and let us try to help.

Since we're asking you for your goals, I thought you might be interested in seeing what the coaching and program goals for the next year are:

Program goals

1. Keep membership steady at 400 members
2. Become a tax deductible non-profit organization (for charitable contributions)
3. Raise \$30,000 for team building at Civic for stretching & dryland area, office space, meeting room, and storage area.
4. Continue pursuing building of 50 Meter pool in Davis

Workout goals

1. Help people develop better (more efficient and faster) strokes through more specific personal instruction and feedback.
2. Offer and encourage people to try video-analysis
3. Be more aware of personal swimming goals, and encourage them to achieve their goals

DAM team competition goals for 1993

JANUARY

- DAM Freestyle Ironman
15+ members to participate
- USMS Postal Hour Swim
110+ members to participate. Win USMS Hour Swim Team Title
Set 5+ DAM team records
92 - 110 participated. 1st place team. 1 age group & 1 relay win
- 91 - 121 participated, 6 DAM records & 1 USMS record set, 1st place team
- 90 - 165 participated, 30 DAM records set, 3 USMS records set

FEBRUARY

- February Fitness Challenge
(keep track of total yards for a month)
15+ to participate

MARCH

- Walnut Creek Camp
8+ members to participate
92 - 11 attended
91 - 6 attended
90 - 3 attended

APRIL

- UCD Short Course Meet
25+ members to participate
92 - 23 attended
- PMS Championships @ Stanford
20+ members to participate
Top 5 in team standings
92 - 16 participated. 7th in team standings
91 - 15 participated. 7th in team standings
90 - 19 participated. 9th in team standings

MAY

- USMS SCY Nationals in Santa Clara, CA
20+ to attend. Win 5+ events. Set 3+ USMS records Set 5+ PMS records
Top 10 in combined team standings - Small team.
92 - 2 attended. 3 USMS & 5 PMS records set.
91 - 3 attended. 1 USMS record set.
90 - 5 attended.

JUNE

- Berryessa Swim
100+ members to participate. Win team title
92 - 103 participated. Won team title

- 91 - 76 participated. Won team title.
- 90 - 66 participated. 2nd in team standings.
- PMS Open Water Championships @ Lake Sonoma
30+ members to participate. Top 3 team finish
92 - 23 participated. 2nd in team standings.
- 91 - 28 participated. 2nd in team standings! 2 age group winners.
- 90 - 24 participated. 6th in team standings.
- Lake Del Valle Swim
10+ members to participate
92 - 7 participated

JULY

- USMS 10K Postal Swim Championships
5+ members to participate. Set 1+ USMS record
92 - 3 participated in 10K & 2 did the 5K. 1 USMS record set.1
- 91 - 2 participated in the 10 K & 2 did the 5 K (new event).
- 90 - 3 participated. 1 USMS record
- 5K Postal Swim
5+ members to participate. Set 2+ records
- PMS LCM Champs @ Santa Cruz
15+ to participate. Top 5 in team standings. Set 3+ PMS records
92 - 20 participated. 3rd in team standings. 4 USMS & PMS records.
91 - 11 participated. 6th in team standings.
90 - 1 participated.

AUGUST

- Donner Lake Swim
20+ members to participate. Win 3+ age groups. Win team title
92 - 19 participated. 2 age group winners. No team score kept.
- 91 - 15 participated. 4 age group winners.
- 90 - 23 participated. 1 age group winner.
- USMS LC Championships in Minneapolis, MN
5+ to participate. Win 4+ events. 2+ USMS records. 4+ PMS records
92 - 15 participated. Won 6 events. 2 World & USMS records.
91 - 2 participated

OCTOBER

- Sacramento Sprint Pentathlon (50 of each stroke + 100 IM)
20+ members to participate. Win 3+ age groups
92 - 10 participated. 3 age group winners.
- 91 - 16 participated. 2 age group winners.
- 90 - 25 participated. 5 age group winners.
- DAM Mid-Distance Pentathlon (100 of each stroke + 200 IM)
15+ to participate
- DAM Distance Pentathlon (200 of each stroke + 400 IM)
10+ to participate

NOVEMBER

- PMS SCM Champs @ Los Altos
20+ to participate. Set 2+ World, 4+ USMS, 6+ PMS records
92 - 45 participated. Won team points title! (was in Davis)
Set 2 World records, 5 USMS records, & 30 PMS records.
- Brute Squad Meet
24+ to participate. Set 5+ new team age group records
92 - 24 participated. 5 DAM records set.
- 91 - 21 participated. 7 DAM records set.
- 90 - 17 participated. Records started.
- Postal 6,000 yard USMS Championships
5+ to participate. Set 3+ USMS records
92 - 4 participated. 1 USMS record set.

Are you an artist?

Design the logo for this year's Lake Berryessa Swim and win three months free DAM dues! All entries will receive a free t-shirt for their efforts. For more information, pick up a flyer at Civic Pool or call Greg Matthews at 758-2980.

Outstanding Performance of the Month - Alex

by Michael Collins

In addition to coaching at DAM, I am the Distance Coach for the UC Davis Men's team. Late last month, on an hour swim day, I was away for a UCD meet. Substitute coach Mike Neasham was covering my 7 p.m. workout. I told him it was an hour swim, so he should try to convince people to do it.

In walks Alex - his first day at DAM. Mike puts him in a lane and tells him he is going to swim as many laps as he can in an hour. "OK" says Alex (with very little swimming background). Alex strug-

THE FINALS



ALEX

gles up and back, up and back, up and back. His heart rate probably 180+. Resting often, but not giving up, Alex makes it through 1,650 yards in an hour - his FIRST workout ever!

When Mike told me this story I laughed, but was somewhat saddened by the fact that we would probably never see this guy again. No way! He was at the next 7 p.m. workout, fired up and ready to go. We need more people like Alex in this world - enthusiastic, open-minded, and not afraid to try! Want to put any bets on who will improve the most in the hour swim next year? My money's on Alex.

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

1992 USMS long course meters top 10

NAME	AGE	EVENT	TIME	PL
WOMEN				
Jennifer Blake	19-24	800 Free	13:08.87	10
		1500 Free	23:44.35	10
		400 Med R.	6:18.91	4
		800 Relay	10:56.38	1
		400 M Fr R	5:05.00	8
		400 Fr Rel	5:06.19	3
Beth Skorey	19-24	200 Back	2:54.54	3
		100 Fly	1:19.32	9
		400 M Med R	5:06.11	11
		400 Med R	5:18.10	3
		400 Fr Relay	5:06.19	3
		400 M Fr Ry	4:23.86	3
Tina Wallis	19-24	800 Free	12:27.14	7
		1500 Free	23:40.52	9
		200 Fly	3:12.31	2
		400 IM	6:29.30	7
		400Fr Relay	5:06.19	3
		400 Med Rel	6:18.91	4
		400 M Fr Rel	5:05.00	8
		800 Fr Rel	10:56.38	1
Anna Pettis-Scott	25-29	50 Free	27.06	1
		100 Free	1:00.63	1
		200 Free	2:14.37	2
		50 Fly	28.82	1
		100 Fly	1:07.20	1
Christine Chichester	25-29	400 Free	5:02.20	9
		800 Free	10:17.08	5
		1500 Free	19:43.55	1
		200 Back	2:40.24	5
		200 Fly	2:40.69	2
		200 IM	2:35.49	4
		400 IM	5:31.76	3
		200 Fr Relay	2:02.30	5
		200 Med Rel	2:22.74	5
		400 Fr Relay	4:27.84	1
		400 Med Rel	5:18.10	3
		400 M Md Rel	4:45.44	2
		400 M Fr Rel	4:14.53	2
		800 Fr Rel	10:43.90	2
Kim McCord	30-34	1500 Free	20:24.11	8
		200 Fr Rel	2:02.30	5
		200 Med Rel	2:22.74	5
		400 M Md R	4:45.44	2
		400 Fr Relay	4:27.84	1
		800 Fr Relay	10:43.90	2
Melissa Beatty	35-39	50 Back	36:64	8th
		100 Back	1:18.31	10
		200 Back	2:48.98	6
		200 Fly	2:58.25	9
		200 Fr Relay	2:02.30	5
		200 Med Rel	2:22.74	5
		400 Fr Relay	4:27.84	1
		400 Med Rel	5:18.10	3
		400 M Md Rel	5:30.71	6
		400 M Fr Rel	4:23.86	3
		800 Fr Rel	10:43.90	2
Betty Dugan	50-54	50 Free	36.67	9
		100 Free	1:25.62	9
		400 Med Rel	6:18.91	4
		400 M Fr Rel	5:14.70	3
		400 M Med R	6:17.29	5
		800 Fr Relay	10:43.90	2
MEN				
Michael Collins	25-29	100 Free	57	?
		800 Free	9:39.56	4
		1500 Free	17:43.83	3
		400 IM	5:02.11	9
		400 Med Rel	4:33.23	3
		400 M Fr Rel	4:14.53	2
		400 M Med R	5:06.11	1
		400 Fr Relay	4:10.19	5
Greg Johnson	35-39	1500 Free	19:01.48	10
		400 Fr Relay	4:10.19	6
		400 Med Rel	4:33.23	3
		400 M Fr Rel	5:05.00	8
Andy McPherson	45-49	50 Free	26.08	3
		100 Free	57.04	1
		World Record		
		200 Free	2:08.06	1
		800 Free	10:00.23	4
		1500 Free	19:05.24	1
		50 Back	32.03	7
		200 Back	2:38.85	8
		50 Fly	28.34	3
		100 Fly	1:02.84	1
		World Record		
		200 Fly	2:29.95	1
		World Record		
		200 IM	2:28.62	4
		400 Fr Relay	4:42.09	6
		400 Med Rel	4:33.23	3
		400 M Fr Rel	4:23.86	3
		400 M Med R	4:45.44	2
Robert Norris	50-54	100 Back	1:19.56	9
		200 Back	2:50.71	6
		400 Fr Relay	4:42.09	6
		400 Med Rel	5:20.31	5
		800 Fr Rel	10:09.81	2
		400 M Fr R	5:14.70	3
		400 M Med R	6:17.29	5
800 Fr Relay			10:09.81	2
RELAY ONLY SWIMMERS				
Christine Winn	25-29	200 Free Relay	2:02.30	5
		400 Free Relay	5:06.19	3
		400 Medly Relay	6:18.91	4
		400 M Free Relay	5:05.00	8
		400 M Medly Relay	5:30.71	6
		800 Free Relay	10:56.38	1
Jennifer Norris	25-29	400 Free Relay	4:27.84	1
		400 Medly Relay	5:18.10	3
		400 M Free Relay	4:14.53	2
		400 M Medly Relay	5:06.11	1
		800 Free Relay	10:56.38	1
Todd Bailey	19-24	400 Free Relay	4:10.19	5
		400 Medly Relay	5:20.31	5
		400 M Free Relay	4:14.53	2
		400 M Medly Relay	5:06.11	1
Chazz Hesslein	30-34	400 M Medly Relay	6:17.29	5
Ton McNamara	30-34	400 Free Relay	4:10.19	5
		400 Medly Relay	4:33.23	3
		800 Free Relay	10:09.81	2
		400 M Free Relay	4:23.86	3
		400 M Medly Relay	4:45.44	2
Ron Harvey	45-49	400 Free Relay	4:42.09	6
		400 Medly Relay	5:20.31	5
		800 Free Relay	10:09.81	2
		400 M Free Relay	5:14.70	3
		400 M Medly Relay	5:30.71	6
Jim Frampton	45-49	400 Free Relay	4:42.09	6
		400 Medly Relay	5:20.31	5
		400 M Free Relay	5:05.00	8
		400 M Medly Relay	5:30.70	6

Your personal swimming goals for 1993

Please complete this page and leave a copy for the coaches at the pool

1993 Events Calendar

Please look over the following DAM events and check those which you are interested in.

Name: _____ Phone: _____

Date	Event	Interested?
February	13 U.S.F. Short Course Meet	<input type="checkbox"/>
	19-20 San Ramon S.C. Meet	<input type="checkbox"/>
March	5-7 Walnut Creek Swim Camp	<input type="checkbox"/>
	27 Strawberry Canyon S.C. Meet @ UC Berkley	<input type="checkbox"/>
April	3-4 DAM Technique Clinic & Short Course Meet	<input type="checkbox"/>
	23-25 PMS Short Course Champs @ Stanford	<input type="checkbox"/>
May	20-23 USMS Short Course Nationals @ Santa Clara	<input type="checkbox"/>
	31 DAM Memorial Day Intrasquad Meet	<input type="checkbox"/>
June	5 Berryessa 1 & 2 Mile Swim	<input type="checkbox"/>
	11-12 Walnut Creek Long Course Meet	<input type="checkbox"/>
	19 Lake Sonoma 2 Mile (PMS Championships?)	<input type="checkbox"/>
	27 Lake Del Valle 1.5 Mile Swim - Livermore	<input type="checkbox"/>
July	1 DAM Freestyle Ironman - Long Course	<input type="checkbox"/>
	4 Independence Day. DAM BBQ @ ??	<input type="checkbox"/>
	11 5 & 10 K Postal Swim @ Woodland	<input type="checkbox"/>
	17 Trans Tahoe Relay	<input type="checkbox"/>
	18 Donner Lake Triathlon	<input type="checkbox"/>
	23-25 PMS Long Course Champs @ Santa Cruz	<input type="checkbox"/>
	31 Santa Cruz Pier Swim	<input type="checkbox"/>
August	8 Lake Del Valle 2 x 1 Mile Relay - Livermore	<input type="checkbox"/>
	14 Donner Lake 2.7 Mile Swim	<input type="checkbox"/>
	19-22 USMS Long Course Champs @ Minneapolis	<input type="checkbox"/>
	21-22 Great North Triathlons - Davis	<input type="checkbox"/>
29 5 & 10 K Postal Swim @ Woodland	<input type="checkbox"/>	
September	12 Whiskeytown 1 & 2 Mile Swim	<input type="checkbox"/>
October	3 Sacramento Sprint Pentathlon	<input type="checkbox"/>
	16 DAM Mid-Distance Pentathlon	<input type="checkbox"/>
	23-24 Clovis Short Course Meet	<input type="checkbox"/>
	30 DAM Distance Pentathlon (200 of ea. + 400 IM)	<input type="checkbox"/>
November	6 USMS 6,000 yard Postal Meet Championships	<input type="checkbox"/>
	13,14 PMS Short Course Meters Champs @ Los Altos	<input type="checkbox"/>
	21 DAM Brute Squad Meet	<input type="checkbox"/>
December	12 DAM Christmas Party	<input type="checkbox"/>

Example Goals

Set actual time goals in specific events. Examples:

- Under 1:05 in 100 Free
- Under 3:00 in 200 IM
- Under 1 hour at Berryessa Swim
- 3,785 in hour swim

Improve swimming skills in all strokes by:

• Doing drills properly in all strokes

- Improve kicking ability
- Lowering stroke count

Improve turns in all strokes by:

• Streamlining off all walls
• Doing two handed touches in Fly & Breast

• Always doing flip turns in Free & Back

Improve attendance & work habits by:

• Making at least 4 workouts per week

- Doing all of warmup

1993 Personal Swimming Goals

Name: _____

Date: _____

Workout: 6 7 10 11 12 1 6 7

Goal 1: _____

Distance: _____

Time: _____

Date/Place: _____

Goal 2: _____

Distance: _____

Time: _____

Date/Place: _____

Goal 3: _____

Distance: _____

Time: _____

Date/Place: _____

Goal 4: _____

Distance: _____

Time: _____

Date/Place: _____

Goal 5: _____

Distance: _____

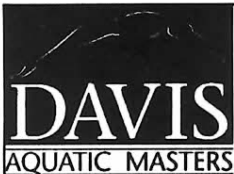
Time: _____

Date/Place: _____

February DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Middle Distance 1	Stroke/IM 2	Distance 3 DAM Board Meeting 7pm	Stroke/IM 4	Sprint/Fine 5	Intensive 8:30 am Lap Swim 11-1 6
Breaststroke Videotaping Technique Workout 8:00 am Lap Swim 11-1 7	Middle Distance 8	Stroke/IM 9	Distance 10	Stroke/IM 11	Sprint/Fine 12 Lincoln's Birthday	Intensive 8:30 am Lap Swim 11-1 Valentine's Meet @ USE 13
Butterfly Videotaping Technique Workout 8:00 am Lap Swim 11-1 VALENTINE'S 14	Middle Distance PRESIDENTS' DAY OBSERVED 15	Stroke/IM 16	Distance 17	Stroke/IM 18	Sprint/Fine 19	Intensive 8:30 am Lap Swim 11-1 20
Back Videotaping Technique Workout 8:00 am Lap Swim 11-1 21	Middle Distance Washington's Birthday 22	Stroke/IM Coach Mike's Birthday 23	Distance ASH WEDNESDAY 24	Stroke/IM 25	Sprint/Fine 26	Intensive 8:30 am Lap Swim 11-1 27
Free Videotaping Technique Workout 8:30 am Lap Swim 11-1 28						

Quote of the month: "Failure is not the worst thing in the world. The very worst is not to try."



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