

## Goals: What, When and Why?

Although most of you don't consider yourself to be "competitive" swimmers, this is not an excuse for not setting goals in your swimming. Doing anything without some sort of purpose will become dull, boring, & repetitive before too long. Goals are necessary to keep one motivated to continue (especially on very cold days, early morning workouts, etc.).

**Coach's Column**  
by Michael Collins

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 difficult tasks is something we all strive for, whether it's in the working world or in our personal lives. 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" many say. For these people, swimming gets put into the left-over spots of the 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% 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 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 & dates down you may be surprised by how much progress you've really made.

In this newsletter is an event calendar & goal sheet for 1994. Please fill in your top 5 goals for 94 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

**Don't Forget!**  
**Weekday Morning**  
**Intensives on**  
**Tuesdays**  
**and Thursdays,**  
**6:30 AM to 8:00 AM**  
**begin February 1**  
**at**  
**Emerson Jr High**

### Inside This Issue:

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## 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

**Emerson Jr High**  
 Tues. & Thurs  
 6:30 AM - 8:00 AM  
 Intensive

**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

### February Workout Schedule

Monday	Stroke/IM
Tuesday	Sprint/Flns Intensive
Wednesday	Middle Distance
Thursday	Stroke/IM Intensive
Friday	Distance
Saturday	Intensive
Sunday	Technique

### Pertinent Information

DAM Dues: \$30.00 (\$25.00 for Senior Swimmers 65 or over) monthly due before the tenth of the month

Late Fees: A late fee of \$5.00 is added if dues are paid after the tenth of the month.

Leave of Absence Fee: \$2.00 per month

Re-enrollment each Quarter is mandatory

Late Re-enrollment Fee: \$2.00  
 (Next re-enrollment period is Spring Quarter, March 7-25).

## Hot Water versus Cold Water

For years I have gone to swim practices and to open water competitions with my trusted thermometer. Swimmers flock around me at Santa Cruz and at Donner Lake to hear the annual T-report: water-temperature (T). Noon-swimmers at Civic Center Pool have seen me with the white thermometer so often that

they call it the *Randometer*! Several swimmers swear that the *Randometer* is not accurate, or worse, that Rand simply can not read it correctly. Others, like me, have become so sensitive to slight T-variations that we can estimate T within one degree just by feel. T is a perennial topic of conversation among swimmers, as the weather is among farmers. T inspires a most curious contradiction of complaints. In the same water at the same time some swimmers say it is *too hot* and others say it is *too cold*. The purpose of this article is to provide answers to many of the questions I hear about the mysterious T: hot water versus cold water.

**Question 1: Is *Randometer* inaccurate or is Rand just reading it wrong? Neither!** I have compared the *Randometer* with two other thermometers and have found it to be quite accurate. As for the reading ... swim over to lane 7 and read it yourself! Be sure that it has been submerged for at least five minutes to allow it to equilibrate.

**Question 2: Which open water swim has the coldest T?** No, it is not Donner! The coldest is Tahoe (55° to 63° F), followed by Santa Cruz (59° to 64°). (see illustration)

**Question 3: Which open water swim has the hottest T?** Lake Del Valle, south of Livermore, is the sultry winner (71° to 75°).

**Question 4: Why is one T too hot for some and too cold for others?** This is an issue of size and speed. Small bodies have larger ratios of surface area to volume and, consequently, lose heat faster than large bodies (think of a Chihuahua versus a polar bear). In addition, the harder you work, the more heat you generate. You "break a sweat" when you swim fast, just as you do with a high level of exertion on dry land!

**Question 5: Who controls T?** "Impeach the President," I hear. Some figure that the water is cold because Rand wants it that way. After all,

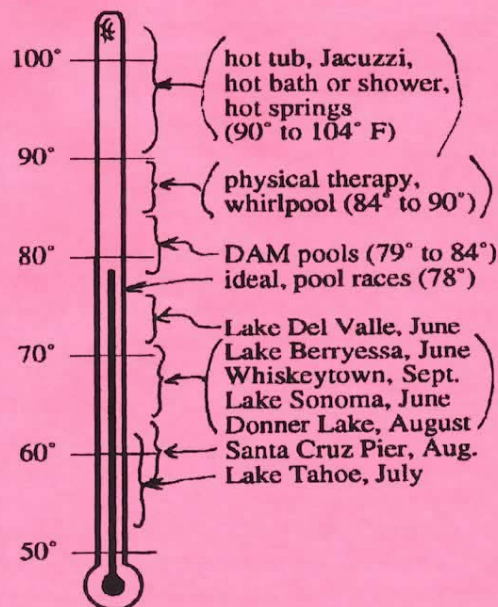
he was the "Biggest Water-Temperature Complainer" in the DAM Hall of Shame for the last three years! But, no! DAM & Aquadarts have a contract with the City of

Davis, through the Parks and Community Services Department, to keep T between 79° and 84°. So, the City maintains and operates pool facilities. We can

not adjust T ourselves.

**Question 6: What should I do if I do not like the T?** "Shoot the maintenance man!" is a common battle cry when T is 88°. I have also heard that a senior swimmer has tried to get everyone in the women's locker room to sign a petition to maintain T at 86°. She thinks that 82° is set just for the younger competitive swimmers. Well, I hope that nobody becomes a self-appointed leader of a covert operation to overthrow DAM by subversion and revolution — a *coup de DAM!* If T is between 79° and 84°, then nobody has the grounds for an official complaint, because that is the contractual T-range. If T is lower than 79° or higher than 84°, then Coach Mike, Coach Don, or I will call the City. We feel that 82° is the best compromise-T for the largest number of swimmers. Please, do not call the maintenance man at home or try any other way to change T yourself. It still is, and always shall be, a swimmer's prerogative to comment about the T, but leave the T-business to the DAM Coaches and Board of Directors.

### Randometer



# Streamlining Emphasized In Stroke Improvement Month

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 & January. Now in February, the focus changes as we concentrate on **STROKE IMPROVEMENT IN EACH OF THE FOUR STROKES**. Each day will cover a different aspect of that particular stroke.

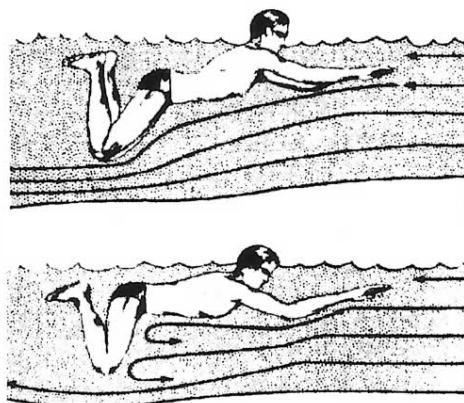
One critical and basic element to swimming faster and more efficiently in any stroke is **STREAMLINING**. We will be emphasizing this important basic principle often throughout the month. Streamlining is most critical right as you push off the wall since that is the fastest you are traveling in the entire pool. A poorly streamlined body position coming off a wall will cause you to decelerate faster, pop up sooner, begin swimming at a slower pace, and force you to swim a greater distance each lap. **WOW!** All that from a lazy pushoff or turn? **YOU BET!** Remember to **ALWAYS** push off **STREAMLINED** underwater, stretch, and begin a quick, narrow kick before taking the first stroke (with the exception of the Breaststroke which starts with a pulldown).

However, in order to swim efficiently **STREAMLINING** must be accomplished not only during the pushoff and on turns, but as you swim down the pool. How? By minimizing the drag you produce in the water. Try to imagine a whale and a Mack truck swimming. Both are about the same size, but the whale will of course move through the water with much less resistance. The truck has a box shape which will push against any forward motion. How do you swim, like a whale or a Mack Truck? Do your body parts (head, shoulders, elbows, butt, knees, & feet) stick out like rear view mirrors, lights, antennas, smoke stacks, and other gear on a truck. Extra, unnecessary motions of your extremities will result in producing extra drag. What are extra motions? Over-reaching, opening up the kick too wide while taking a breath, dropping the elbow anywhere in the stroke, and lifting the head too high or burying it too deep are a few of the most common drag producers. See the diagrams taken from Ernie Maglisho's book *Swimming Even Faster* to illustrate what I'm describing.

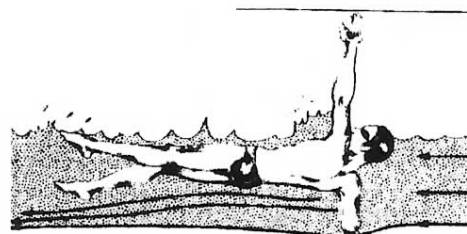
Here are some good drag busters to use while you swim: Stretching to full extension as you begin the catch phase of the stroke; kicking quick steady & narrow to keep the legs up; using hip & body rotation in Free & Back so that one shoulder is always out of the water; and concentrating on keeping the hips high are a few key techniques to emphasize.

If you have any questions about stroke technique, don't hesitate to ask. However, we do request that when you do ask a question to try to be specific. As coaches we commonly hear, "HEY COACH! Will you take a look at my stroke and tell me how it looks?" "It looks like a stroke to me" is the answer we would like to give. Instead, be more specific and help the coach out with what you are thinking about. "I've been working on not crossing over on my entry, am I do it properly?", or "How does my breathing look when I do it to the left? It really feels awkward." By giving the coach something specific to look for it becomes much easier to evaluate and give feedback.

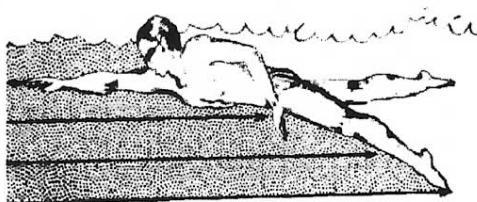
Don't feel guilty about asking the same questions several times. We will not always be able to give you a good evaluation the first time, or even see what you are doing if we are busy keeping the workout running. In other words, don't give up on asking us, and we certainly won't give up on trying to help you.



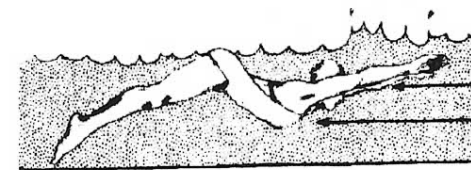
Good body position (top) vs, poor body position (bottom) in Breaststroke



Good body position (top) vs, poor body position (bottom) in Backstroke



Good body position (top) vs, poor body position (bottom) in Freestyle



Good body position (top) vs, poor body position (bottom) in Butterfly

## Upcoming Events Calendar

February

Stroke Improvement Month & Fitness Challenge

February 26

DAM/UCD Breaststroke & Butterfly Technique Clinic

February 27

DAM/UCD Freestyle & Backstroke Technique

March 4-6

Walnut Creek Swim Camp

Cost \$70. Entry deadline: February 18.

March 12

Vintage Masters Meet. Napa Valley

Cost \$3 + \$1.50 per event if postmarked by

2/28/94. \$3 for deck entries.

March 26

Strawberry Canyon S.C. Meet @ UC Berkley Cost \$3.50 + \$1.50 per event if postmarked by 3/14/94. \$3 for deck entries.

April 9

Walnut Creek Quadrathon (500-200-100-50 Free) Cost \$3 + \$1.50 per event if postmarked by 3/30/94. \$2.50 for deck entries.

Prize Money! \$300, \$125, \$75 top 3 overall Men & Women. Pro division \$4.

April 10

DAM/UCD Mental Training, Race Strategy & Pacing Clinic

April 15-17

PMS Short Course Champs @ De Anza College, Cupertino Postmark deadline 4/1/94. NO DECK ENTRIES

April 30

DAM/UCD Starts & Turns Clinic

May 1

DAM/UCD Taper Clinic

## Upcoming Events

### USMS SC Nationals Grows Closer

The 1994 USMS Schort 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. Southwest has a two-for-one deal going for \$204 (1-800-435-9792). Contact Coach 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 on attending)

Women	Men
Gayle BonDurant	Todd Bailey
Missy LeStrange	Steve Carlson
Jennifer Collins	Michael Collins
Mary Horton	Eduaro Duque
Patty Gay	Jeff Failey
Susan Munn	Greg Hribar
Roswita Norris	Greg Johnson
Christine Schultz	John Keppeler
Lisa Strampach	Andy McPherson
Linda Hood	Chris Morgan
	Robert Norris
	Doug Smith
	Doug Wright

### March Begins Specific Event And Meet Preparation

The short course meet season begins in March with the Vintage Masters Meet in Napa Valley on March 12, followed by the Strawberry Canyon Meet at UC Berkeley on March 26. All DAM members, regardless of ability, speed, experience, age, nationality, hair length, swim suit size, and favorite food are encouraged to participate. If you are considering swimming in one of these meets be sure to talk to the coaching staff about the events you are interesting in swimming. Work-outs in March will include sets to improve starts, turns, and pacing, so don't be afraid to enter just because you can't do all those things yet. By entering a meet you will be more motivated to learn new skills not previously needed.

### DAM & UCD To Host Masters Clinic Series

DAM & UCD Men's Swimming are hosting a Masters Clinic Series for swimmers of all abilities who are interested in learning more about competitive swimming. Each clinic will include classroom lectures followed by in the water sessions & instruction. Clinics #1, 2, & 4 will include video taping and analysis. Bring a note pad, pen, open mind, and a positive attitude for improvement!

The proceeds go to support the Men's swimming program at UCD. The coaching staff will include Michael Collins, Jerry Hinsdale, Andrew McPherson, and the UCD Men's swimmers who will assist with demonstrations and personal feedback. Each clinic will be limited to 35 swimmers. To enter, fill out a white consolidated card and indicate which clinic(s) you want to attend, include a check and turn it in at the box at civic enter pool. Cost: \$30 for 1, \$25 ea for 2, \$20 each for 3 or more. \$35 deck entry.. **SPECIAL NOTE: All DAM registered swimmers recieve a \$5 discount on the clinic fees.**

1. Sat February 26- Butterfly & Breaststroke Technique
2. Sun February 27- Freestyle & Backstroke Technique
3. Sun April 10- Mental Training, Race Strategy & Pacing
4. Sat April 30- Fabulous Starts & Turns
5. Sun May 1 - Tapering - Mental & Physical Details to Speed

### USMS February Fitness Challenge – ENTER NOW!

The February Fitness Challenge is a national postal event to keep track of how many yards you do in the entire month. Check out an entry form at the pool for all the details — and sign up! Ideally, entering the FFC will help motivate you to swim five days a week and not miss any of the stroke instruction, while covering a record number of yards in a month.

## TREASURER'S TIPS

### Re-enrollment Form - New IQ Test?

by Barb Paulson

I originally intended to do a column about the average intelligence of the Davis Aquatic Masters Swimmer, a tribute to the high intellectual quality of our fine members. After all, ours is a college community, the meeting place for great minds. The basic premise for this article was that intelligence could be determined by how people followed directions on the re-enrollment forms. After going over the forms, I concluded that my logic was flawed.

If you did not fill out the form correctly, you were not alone. First, there were several people who ignored the PMS form on the bottom of the re-enrollment form. Also, 15 or 20 people forgot to *sign* the form. When I realized that among those who did not sign their forms the first time around were a doctor, a lawyer, and a university professor, I decided that I better be careful about what I said about intelligence! On the re-enrollment form, I also asked that all the information on the top be filled out so that I could check to make sure that my records were up to date as far as address,

phone numbers and emergency information was concerned. There were about a third to a half who did not fill that part out completely. I find that for many of us, this information is so constant, that when a change does occur, we often forget to note it down for those who need it. And then, there are those members whose handwriting

**"Among those who did not sign their forms the first time around were a doctor, a lawyer, and a university professor!"**

is not the easiest to read under the best of circumstances, or their form was filled out so quickly that all of the names and numbers were not clear. Of course, we always hope that the emergency information is never needed, but if it were, it sure would be nice to have it on hand, legible and accurate!

This is my once-a-year chance to make sure the information is correct, so *please*, take the time to fill it out correctly. I promise to give you another chance next year—we'll see if you can do better.

## February Stroke Improvement

31-5	Breaststroke
6-12	Butterfly
13-19	Backstroke
20-26	Freestyle

## Tips for Stroke Improvement Month

1. Try to make a few workouts each week, especially the week of your worst stroke.
2. Read Coach Mike's article on streamling on page 3, and try to think technique during your workouts.
3. Sign up for Videotaping.
4. Ask your coach for feedback during workout on your strokes.
5. Don't worry, February is only 28 days!

## February Swimmer of the Month

### Mary Ann Williams

by Kit Owen

"I have to stay active just to stay in place". That is how this month's Swimmer of the Month describes herself. Mary Ann Williams gives new meaning to "active" and many of you know from her calls encouraging DAM members to enlist in the grocery scrip program and help build up some funds for the club's wish list.

While Mary Ann never mentioned how old she is, several comments made me realize that she is not young, at least not chronologically young. She is a Professor Emeritus at UCB where she was in Nutritional Sciences. Mary Ann came to in Davis in 1988 on sabbatical, but this was after she had already purchased property here in 1983 with the intention of retiring here someday.

Berkeley is where Mary Ann first tasted Masters swimming. Her background in

swimming was purely recreational. She grew up in upstate New York swimming in the many lakes in that area and only began lap swimming in 1970 after a hip injury prevented other forms of exercise. She made the move to Strawberry Canyon Aquatic Masters in 1986 and found she really enjoyed it but she states the DAM program is really excellent. According to Mary Ann it has two key elements, excellent coaching and a nucleus of people who are active in the club. After having gone to a Stanford Swimming Clinic one year she says she doesn't need to go again because she gets the same kind of help at DAM every day!

What does Mary Ann say of Masters swimming? "It's great, I swim at 7PM to reward myself at the end day for being a good kid" Keep it up, Mary Ann!



Finest Greek Cuisine & Catering  
1620 East Eighth Street  
756-3850

*A special thank you to Symposium for awarding a complimentary Greek Treat to our Swimmers of the Month.*

Continued from page 1

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

I have notice that many 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. A great quote I like to refer to goes like this: "Failure is not the worst thing in the world. The very worst is not to try." However, chances are you'll be quite pleased with the results, and occasionally reach your goals. So fill out those sheets and turn it in TODAY!

### 1994 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 & 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 unmotivating

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 constantly

"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."

talk when the workout 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 tax deductible non-profit organization (for charitable contributions)
3. Fundraise \$30,000 for Team Building at Civic for stretching & dryland area, office space, meeting room, & storage area)
4. Continue pursuing building of 50 Meter pool in Davis

### WORKOUT GOALS

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

# Happy Birthday!

Mike Rushton	2/3
Michael Neasham	2/4
Lee Fitzhugh	2/6
Heather Kohler	2/6
David Pyles	2/6
Lisa Strampach	2/8
John Schmidt	2/8
Brian Masson	2/9
Mary Horton	2/10
Paul Teller	2/10
Erika Kege	12/11
Kate Long	2/11
Lance Halsted	2/14
Leslie Westergaard	2/14
Jennifer Miramontes	2/14
Dick Bourne	2/15
Carol Lawson	2/16
Cynthia Mitchell	2/16
Penny Krener	2/18
Paul Griffin	2/20
Greg Johnson	2/21
Mike Collins	2/23
Mitchell Chan	2/25
Aimee Tannehil	12/26
Kathi Brookes Joye	2/27
Sonya Tafoya	2/27
Jon Tice	2/28

## Welcome New Members

Brian Masson  
 Charles Jones  
 Randy Krag  
 John Schmidt  
 Rachel White  
 Christopher Probert  
 Cynthia Mitchell  
 Roxane McKenna  
 Mitchell Chan  
 Raul Navarrete  
 Shaw Shawn  
 Paul Griffin  
 Katrina Ryan  
 Michael Slavin  
 Cass Carin  
 Paige Ivey

# 2nd Annual DAM Freestyle Ironman SC

## Jan 2, 1994

Twenty two DAM swimmers participated in the Second 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 & female winners were Coach Michael Collins and Christine Schultz. Eleven different age groups were represented, and 5 new DAM records were set. (See full results in this newsletter). Stay tuned for the Long Course edition to be held this summer during one of the long course workouts at Woodland!

### Women

Name	Age Group	1650	1000	500	200	100	50.	Total
Jennifer Collins	19-24	25:35	15:46	7:50	2:58	1:20	:36.	54:05
Lynn Lathouers	19-24	24:30	15:04	7:10	2:41	1:09	:32	51:06
Chrissie Schultz	19-24	21:30	12:44	6:11	2:17	1:07	:31	44:20
Ainslie Makovjak	25-29	26:00	15:35	7:44	2:50	1:17	:33	53:59
Tracy Roth	25-29	27:05	16:07	7:48	2:56	1:21	:37	55:54
Julie Jensen	30-34	27:00	16:54	8:35	3:16	1:33	:42	58:00
Carolyn Thomas	30-34	23:10	13:46	6:47	2:26	1:14	:34	48:07
Christine Harvey	35-39	23:55	14:20	6:50	2:34	1:08	:32	49:19
Margery Hall	40-44	29:20	17:17	8:41	3:26	1:27	:39	60:50

### Men

Name	Age Group	1650	1000	500	200	100	50.	Total
Dave Pyles	19-24	19:58	12:15	5:52	2:14	1:04	:30	40:53
Mike Collins	25-29	18:28	11:00	5:21	1:59	:57.	:26.	38:11
Vince Fong	25-29	21:25	12:58	6:07	2:18	1:04	:30	44:22
Jim Martin	25-29	21:24	13:00	6:00	2:16	1:00	:28	44:08
Cliff Diamond	30-34	21:35	13:02	6:19	2:18	1:03	:29	44:46
Doug Smith	30-34	20:10	12:05	5:43	2:11	1:00	:26	41:35
Greg Johnson	35-39	18:46	11:08	5:28	2:04	1:00	:27	38:58
Rand Schaal	40-44	20:21	12:21	6:05	2:14	1:01	:27	42:29
Andy McPerson	45-49	19:09	11:12	5:25	1:59	:55	:25	39:05
Jeff Ruda	45-49	27:05	16:45	8:13	3:08	1:26	:39	57:16

#### DAM's Contributor Members

**Gold: Lucille Barry, Rand Schaal**

**Silver: Sally Wood**

**Bronze: Jean Fritzen, Xiao Ye**

#### February Fundraising Opportunity EAT PIZZA Earn \$\$ for DAM

Buy any large pizza at regular price -

You save a \$1.00 and D.A.M. earns a \$1.00

**Good Everyday in February**

**Please identify yourself as a member of D.A.M.**

**Murphy's Pizza  
640-G Covell Blvd.  
Lucky Plaza**

**753-3999**

**February DAM 1994**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Middle Distance	Stroke/IM	Distance	Stroke/IM	Intensive 8:30 AM Lap Swim 11-1
<b>BREASTSTROKE IMPROVEMENT WEEK</b>						
		6:30-8:00 AM Intensive at Emerson 1		6:30-8:00 AM Intensive at Emerson 2		
Technique Workout 8:30 am Lap Swim 11-1 Butterfly Videotaping 3	Stroke/IM	Sprint/Fins	Middle Distance	Stroke/IM	Distance	Intensive 8:30 AM Lap Swim 11-1
<b>BUTTERFLY IMPROVEMENT WEEK</b>						
		6:30-8:00 AM Intensive at Emerson 7		6:30-8:00 AM Intensive at Emerson 8		
Intensive 8:30 am Lap Swim 11-1 <u>Backstroke Video</u> 13	Stroke/IM VALENTINE'S DAY	Sprint/Fins	Middle Distance	Stroke/IM	Distance	Intensive 8:30 AM Lap Swim 11-1
<b>BACKSTROKE IMPROVEMENT WEEK</b>						
		6:30-8:00 AM Intensive at Emerson 14		6:30-8:00 AM Intensive at Emerson 15		
Technique 8:30 am Lap Swim 11-1	Stroke/IM	Sprint/Fins	Middle Distance	Stroke/IM	Distance	Intensive 8:30 AM Lap Swim 11-1
<b>FREESTYLE IMPROVEMENT WEEK</b>						
		6:30-8:00 AM Intensive at Emerson 21	Coach Mike's Birthday 22	6:30-8:00 AM Intensive at Emerson 23		UCD/DAM Stroke Clinic - Hickey
No Technique Workout Lap Swim 11-1 UCD/DAM Stroke Clinic - Hickey 27	Stroke/IM					

Quote of the Month - "Success in life comes not from holding a good hand, but in playing a poor hand well." — Denis Waitley & Rem L. Wit

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