

HOUR SWIM MONTH!

Coach's Column
by Michael Collins

Yep! It's hour swim time again. Check the Upcoming Events or the calendar on the back of this newsletter for the times you can do it – and pick one!

You've probably already got an entry form in the mail if you swam it last year. If you did, remember to bring it, **ALREADY FILLED OUT**, on the day you plan to swim it. If you haven't got one in the mail you can pick one up at the pool. Please turn in the completed form along with a **check to "DAM" for \$5** after you complete your swim. Remember to try to bring someone to count your laps and cheer you on. Also, offer to count for someone else at one of the other hour swim opportunities. We will mail in the entries **AS A TEAM** so relays can be entered in each age group. You **DON'T** need to make a copy of your USMS card – we will get a master team list from PMS to send in with the entries.

DAM Hours

Workouts

Civic Center Pool

Monday-Friday

6 AM | noon

7 AM | 1 PM

10 AM | 7 PM

11 AM

Community 6 PM

Saturday

Intensive 8:30-10 AM

Sunday

Technique 8:30-9:30

Lap Swim

Civic Center

Saturday & Sunday

11 AM-1 PM

Hour Swim Opportunities:

Thursday 20	6,10,12,6, and 7
Thursday 27	7,11,1, and 7
Saturday 29	8:30 AM
Sunday 30	8:30 AM

NATIONALS UPDATE

Southwest Airlines 2 for 1
\$204 Sacto-Phoenix
3 remaining reserved rooms
Mission Palms-2 blocks from pool
\$65/night Call Andy for info
753-0307

February:

Stroke Improvement Month

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

Get Ready To Do The February Fitness Challenge

Last year about 5 DAM swimmers participated in this event. This year I'd like to see 20 or more participate. The object is to swim as many yards as possible in the month of February. Last year's DAM winner was Carolyn Thomas who swam 106,000 (that's an average of 3,785 per day!) DAM awarded her a sweatshirt for doing the most yardage from our team. This year we will give away another sweatshirt to the overall winner and also give away a DAM swim cap to the winner in each age group. The coaches will help you keep track of your yardage. Just come fill out one of the entry sheets before the 1st of February. We will keep them in the coach's binder and remind you to fill in your yardage after each practice. This is a great event to challenge a friend to, even if you swim at different speeds. Speed is not important, it's how many workouts you make.

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

Volunteerism and DAM

by Rand Schaal, President

*Ask not what DAM can do for you,
ask what you can do for DAM.*

This variation of JFK's saying applies well to Davis Aquatic Masters (DAM). I want to elaborate in this article on how important volunteerism is to the operation and fiscal health of our swim team. I will illustrate the significance of volunteers to many other organizations in the United States, describe how volunteers run DAM, and suggest ways that you can help DAM. You may discover that helping with even the simplest tasks—those you may think unworthy of your skills and qualifications—helps DAM save money, minimizes expenses, and consequently maintains monthly dues at affordable levels.

Volunteers run the Country: Do you realize that in most towns and cities across the United States the Mayors, members of City Councils, and members of Planning Commissions serve in unpaid, elected positions? They are volunteers! Think of all the Volunteer Fire Departments, Volunteer Police Departments, and Red Cross Volunteers in the country. How about the parents who organize and run the Girl Scouts, Boy Scouts, Little League, Soccer League, and Age-Group Swimming? All these volunteers donate time after their real jobs. Ironically, their efforts as volunteers may benefit more people than their occupations do. **Volunteers run the Country.**

Volunteers run DAM: The elected members of the Board of Directors do more than run the monthly business and regulate budgets, wages, and purchases. They make policies and render decisions that will guide DAM for years to come. Although Board Members utilize professional skills to make far-reaching decisions, they are just volunteers. Unpaid. Why do they volunteer? The answer is that swimming with DAM is so important to them that they want to ensure that DAM continues to prosper.

DAM also depends on volunteers to serve as Secretary to the Board of Directors, as Directors of the Berryessa Swims, as Editors of the newsletter, as writers for the articles about the Swimmer of the Month, and as folders of the newsletters. We also need DAM swimmers to volunteer as officials and timers at swim meets and to help the coaches and lifeguards deal with lane lines, backstroke flags, and pool covers—before and after workouts.

DAM and You: Most DAM members I know love to swim with this club and they praise the organization, but they don't realize that DAM needs more than monthly dues to keep DAM running. Why should you volunteer to help a coach remove pool covers before workout? ... because DAM cannot afford to hire people to do it! If we paid people to perform all the tasks that volunteers do now, then your monthly dues would be doubled ... or tripled! Even the simple task of collating and folding newsletters would cost DAM more than \$1,000 per year if we had to pay for it. So, we have doctors folding newsletters! They certainly are overqualified, but by volunteering a few hours per month they save DAM money and, thus, help to maintain the affordable monthly dues that we enjoy today. If you can spare a few hours now and then, DAM can use your help.

Other swimmers support DAM as a dues-paying members, and they would volunteer to do more for the club if they had more time. They figure that after spending quality time with spouse and children, they find barely enough time to swim, much less to volunteer extra time. We understand. You have no spare time, but do you have any spare change? You could contribute dollars instead! We have established three easy ways to donate.

(1) Everybody eats, and every DAM member could purchase food with **Grocery Store Scrip**. Buy gift certificates from Barbara Paulson, DAM Treasurer, and use them to pay for groceries at your favorite market. DAM receives a small refund from all your purchases, and it does not cost you any extra at the cash register. Use the gift certificates just like paper money.

(2) If you want a delicious cook-at-home pizza or calzone, buy one at **Murphy's Pizza**, look for the advertisement on page 5. Murphy's will reimburse a percentage of the purchase price to DAM.

(3) Our **Contributor Membership Program** is designed to earmark cash-donations to special projects, such as the new Clubhouse at Civic Center. We have Gold-, Silver-, and Bronze-member categories for \$100, \$50, and \$25 contributions, respectively. We started this program only two months ago and we already have two Gold Members, one Silver Member, and one Bronze Member. (see page 3)

Finally, if you lack extra time and extra dollars, then the one thing you could volunteer is the spirit embodied in the opening expression, *Ask not what DAM can do for you...!* Your positive attitude is contagious, and it elevates all of us in our family of swimmers at DAM. Encourage your lanemates and teammates. Unfortunately, negative attitudes are also contagious, so remember the antidote: *DAM swimmers are winners, not whiners*. The spirit of volunteerism and goodwill makes DAM successful, and it may make you Swimmer of the Month.

Coach Collins' 10 Reasons to do the Hour Swim

10. Benchmark to compare fitness increase or decrease each year
9. To find aerobic training pace
8. To get in shape for future events (Berryessa, Triathlons, etc.)
7. To help DAM reach its Total Team Yards Goal
6. To see how you compare with the rest of the country
5. To set a new DAM team age group record
4. To swim in a lane with no more than two people for an entire hour!
3. To make a loved one sit on the deck and watch you swim for an hour in cold rainy weather
2. To whip a sprint "'winnie"
1. To catch a great endorphin "buzz"

Treasurer's Tips

by Barb Paulson

Every year I require that all members who are swimming with Davis Aquatic Masters renew their Pacific Masters Swimming cards. Hopefully by the time that you read this you will all have turned in the appropriate form. I will be turning in these forms as I receive them. So many of you who re-enrolled early will have already received your 1994 card by the time that you read this. The rest of you should receive it within a few weeks. If anyone (except those who are 18 and should have a 1994 United States Swimming card) who is swimming has not received a card, please call me at 756-4234. People who are on leave do not have to have a current PMS card; but these must be renewed as soon as they start swimming again.

We have a record of all those swimmers who have their 1994 PMS cards who have registered with Davis Aquatic Masters as their team. If you are registered with some other team, then you need to turn in a copy of your card. Your PMS card should be kept in a place where you can find it. It is needed if you want to compete in swimming meets or open water swims, or when you want to swim with other Masters' groups around the country.

10 Tips to a Great Hour Swim

1. **Workout regularly.** 4+ times a week in the weeks preceding your swim (Don't miss Distance days!)
2. **Eat Well in the days preceding your swim.** High carb's, low fat!
3. **Rest Before the Swim.** Take a day or two off.
4. **Set a Goal Distance or pace per 100.** Have a strategy for the swim. Remember you don't have to swim all Freestyle and you are allowed to stop. You may be able to cover more distance by doing it as a workout with set distances and intervals. Examples may be: 3,000 goal 30 x 100 @ 2:00; 4,000 goal 4 x (5 x 100 @ 1:30 + 1 x 500 @ 7:30); 5,000 = 10 x 500 @ 6:00, etc.
5. **Arrange to swim with people of similar ability** (or an enemy you'd love to beat!)
6. **Bring someone (math minded) to count & keep splits.** They can update you with yardage done if you get lost or keep you on pace.
7. **Concentrate during the swim on good form, efficient, swimming** (not on trying hard!)
8. **Streamline, Streamline, Streamline!**
9. **Gradually Increase your effort through the swim** (in other words, "START EeeeeeeZeeeeee!")
10. **Keep up a good effort even if you don't feel great.** Remember you don't have to feel good to swim fast!

Gold, Silver, and Bronze Contributor Membership Program

DAM provides more than just a place to swim. It provides a wonderful social atmosphere and a great opportunity to meet new people and to make new friends. This is your chance to give back to the club.

We DAM members want to make DAM the best Masters Swim Team in the world. We encourage all of you who can contribute to this goal to do so. We often ask for your time as volunteers, but now we are asking for more. We need more financial support. DAM has a vision for the future that includes the following goals:

- | | |
|--|--|
| 1. Consistently providing many hours for workouts and for lap-swimming | 5. Funding Relay Entries at major events |
| 2. Building a DAM Clubhouse at Civic Center Pool | 6. Maintaining an Emergency Fund |
| 3. Offering Video analysis for swimmers | 7. Providing Special Equipment |
| 4. Continuing to provide EXCELLENT DAM social events | |

We are asking for your help in meeting these goals. If you make a donation, you will become a "Contributor Member." If you contribute \$100, you will be a Gold Member; \$50—a Silver Member; and \$25—a Bronze Member. Each Contributor Member will be recognized in the newsletter.

DAM's CONTRIBUTOR MEMBERS

GOLD MEMBERS: Lucille Barry, Rand Schaal

SILVER MEMBERS: Sally Wood

BRONZE MEMBERS: Jean Fritzen

If you would like to become a Contributor Member, please return the following form to the drop box at Civic Center Pool or mail to DAM.

CONTRIBUTOR MEMBER FORM

I would like to contribute \$100 \$50 \$25 to DAM. (circle one)

A. I want to make a specific contribution toward the following goal(s): goal # _____

B. I want my contribution to go into the general fund. _____

NAME _____

(Donations are not tax-deductible.)

FINALS

Outstanding Performance of the Month



John Keppeler

by Michael Collins

John dominated the Brute Squad meet, shattering the record in every event as well as the total time, not only in his age group, 25-29, but overall. His times were quite amazing considering the water temperature was a skin cooking 86°. (200 Fly 1:59.35, 400 IM 4:19.16, 1,650 Free 17:10.85) It's truly an incredible sight to watch him swim, and I hope we will get more opportunities to watch him in meets to come!

Special thanks to Scott Morris at The FINALS for his support of this award. The Outstanding Performer of the Month receives a free FINALS swim suit.

January Swimmer of the Month



Finest Greek Cuisine & Catering

1620 EAST EIGHTH STREET

by Kit Owen

To start the new year, DAM wishes to recognize a fellow swimmer who has not swum with us for long but has made great strides in his swimming and has contributed in his own way to our group. Rob Mowat has only been with DAM since July of 1992 but has advanced from the dreaded "WALL" to giving Tony Cristo a bad time— an achievement of its own kind.

Rob graduated from UCD in 1990 as a Rhetoric and Communications major. He moved to Santa Clara to take a job in a transportation management company. While living in Santa Clara he was pestered enough by his friend (and a current DAM Board member) Jenny Lundmark to join masters swimming. He relented and gave in but found the unstructured workout and lack of a social atmosphere to be un motivating, he quit after four months.

Much to Rob's delight he was relocated back to Davis where Jenny again pestered him to try masters. This time was the charm as Rob found he really enjoyed the improvement he could make with a structured workout and good coaching. That combined with meeting great people who are lots of fun has gotten him hooked.

Next month Rob will try the masters swim programs in Austin, Texas, where he will be living after yet another work relocation. He will be greatly missed at the 7 PM workout where he has come to be known as a real goof-off and a major participant in the pool cover pull-on squad. Much luck to you Rob and keep on swimming!

A special thank you to Symposium Restaurant for awarding complimentary pizza to our Swimmers of the Month.

January/February Video Analysis Dates

If you want to become a more efficient and faster swimmer don't miss the opportunity to attend one of these sessions. Swimmers view a video of proper technique, then get in the water to execute various drills to correct their errors, are videotaped from 4 different angles, and finally review the tape with a coach. Every swimmer receives a critique sheet, so each knows where he or she is strong & weak. All this for only \$6 if you bring your own VHS tape, or \$10 if we supply it. Space is limited to the first 10 to sign up for each session.

- Sunday Jan 16 8:30am - Freestyle
- Sunday Jan 23 8:30am - Breaststroke
- Sunday Feb 6 8:30am - Butterfly
- Sunday Feb 13 8:30am - Backstroke

BIRTHDAYS

David Miramontes	1/1	David Kelley	1/18
Keith McDaniel	1/2	Brian Timmerman	1/19
Dave Scott	1/4	Noreen Mazelis	1/21
Mark Wheelis	1/8	Kent Fugazi	1/21
Cynthia Kellogg	1/9	Doris Diemer	1/23
Scott Sutton	1/9	Cini Brown	1/24
Judy Gabor	1/12	Melody Herbst	1/26
Jennifer Collins	1/12	Lisa Nowell	1/26
Erik Brown	1/12	James Borghino	1/27
Kristine Dickey	1/13	Kate Thompson	1/27
Nancy Mercer	1/14	Dan Thompson	1/28
Ronald Addy	1/17	Jack Mills	1/29
Robert Mowat	1/17	Barbara Woolsey	1/29
Samantha Bewley	1/17	Pam Ronald	1/29
		Ann-Marie House	1/31

BRETT'S FOR SPORTS

BRETT AND NANCY STONE
Owners

BEST SELECTION, BEST PRICES
ON ALL SWIMWEAR
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1994 DAM Events Calendar

January	Hour Swim
2	DAM Short Course Freestyle Ironman Meet
22	PMS Fitness Clinic
February	Stroke Improvement Month & Fitness Challenge
26 & 27	DAM/UCD Stroke Technique Clinics
March 4-6	Walnut Creek Swim Camp
26	Strawberry Canyon S.C. Meet @ UC Berkley
April 9	Walnut Creek Quadrathon (500-200-100-50 Free)
10	DAM/UCD Mental Training, Race Strategy & Pacing Clinic
15-17	PMS Short Course Champs @ De Anza College, Cupertino
30	DAM/UCD Starts & Turns Clinic
May 1	DAM/UCD Taper Clinic
May 5	Cinco De Mayo Intrasquad Meet & Fiesta Party
Th-Su 13-16	USMS Short Course Nationals @ Tempe, AZ
June 4	Berryessa 1 & 2 Mile Swims
Fr-Sa 10-11	Walnut Creek Long Course Meet
Sat 18	Lake Sonoma 2 Mile Swim
Sun 26	Lake Del Valle 1.5 Mile Swim, Livermore
Th 30	DAM Long Course Freestyle Ironman Meet
July 4	Independence Day. DAM BBQ
17	Donner Lake Triathlon
23	Trans Tahoe Relay
29-31	PMS Long Course Champs @ Santa Cruz
August 6	Santa Cruz Pier Swim
13	Donner Lake 2.7 Mile Swim
20 or 21	Del Valle 2 x 1 Mile Relay, Livermore
20-21	Great North Triathlons - Stonegate Club, West Davis
26-28	USMS Long Course Championships @ Buffalo, NY
September 11	Whiskeytown 1 & 2 Mile Swims
October	Stroke Improvement Month
2	Sacramento Sprint Pentathlon (50 of ea. + 100 IM)
15	DAM Mid-Distance Pentathlon (100 of ea. + 200 IM)
	DAM Annual Meeting, Election, & Awards
29	DAM Distance Pentathlon (200 of ea. + 400 IM)
November	USMS 6,000 yard Postal Meet
5-6	PMS Short Course Meters Championships @ Los Altos
19	DAM Brute Squad Meet (200 Fly, 400 IM, & 1,650 Free)
December 11	DAM Holiday Party

Meet Results: Truckee Winter Meet

David Woodruff	37	100 Breast	1:12.50	1st
		50 Breast	:32.50	2nd
		50 Fly	:29.81	2nd

Helpful Hint - Lost & Found

Everyone gets forgetful occasionally & leaves something at the pool or in the locker room. Got some new swimmin' gifts for X-mas you don't want to lose? Your chances of getting things back are much greater if you do the following:

- Put **"DAM" & YOUR NAME** on your goggles, suits, fins & other equipment with a water proof marker.
- Check the white bin at the pool for your lost item as soon as possible.
- If you don't find it in the bin, let the coaches know you have lost something, when you lost it, & what it looks like. Often the coaches already have it locked safely in the shed.
- Finally, if they don't have it, remember to check back later to see if it was turned in.

WELCOME

Barbara Bentley	Xiao Ye
Katherine Gordon	Thomas Aiello
Samantha Bewley	Stephen Miller
Mark Eaton	Daniel Wood
Nicholas Ewing	Stacy Malueg
John Keppeler	Jason Parnes
John Ortman	Alan Rowland
Justin Taylor	Jamie Doan
Jim Mehl	

January Fundraising Opportunity EAT PIZZA Earn \$\$ for DAM

Murphy's Take 'n' Bake Pizza will sponsor 2 in-store pizza days, Tuesday, January 11 and Tuesday, January 18. 20% of all proceeds from sales will go to DAM. (Regular menu price only - Sorry no coupons)

Please call ahead on Monday or early in the day on Tuesday to place your orders for faster service.

Murphy's Pizza
640-G Covell Blvd.
Lucky Plaza
753-3999
USDA Food Stamps
Gladly Accepted

January DAM 1994

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						New Years Day Lap Swim 11-1
No Technique DAM Freestyle Ironman Meet (1,650+1,000+500+ 200+100+50) 8:30 AM Lap Swim 11-1	Sprint/Fins Main set: 1 x 400 1 x 300 1 x 200 1 x 100	Middle Distance Main set: 6 x 300 (200 Free + 100 Bk or BR)	Stroke/IM DAM Board Meeting 7 pm B Street	Distance Main set: 2 x 1,500a 1,200e 1,000i 800r	Stroke/IM Main set: 6 x 200 IM Mix & Timed 100 Choice	Intensive 8:30 am Lap Swim 11-1 PMS Coaches Clinic in Napa
Back Technique 8:30 am Lap Swim 11-1 PMS Coaches Clinic in Napa	Sprint/Fins 8 x 50 + 200 Free 8 x 25 + 100 Non-Fr	Middle Distance Countdown to Hell	Stroke/IM	Distance	Stroke/IM	Intensive 8:30 am Lap Swim 11-1
Technique 8:30 am Lap Swim 11-1	Sprint/Fins	Middle Distance	Stroke/IM	Distance Hour Swim 6,10,12,6,7	Stroke/IM	Intensive 8:30 AM Lap Swim 11-1
Technique 8:30 am Lap Swim 11-1	Sprint/Fins	Middle Distance	Stroke/IM	Distance Hour Swim 7,11,1,6,7	Stroke/IM	Intensive 8:30 AM Lap Swim 11-1 HOUR SWIM
No Technique Lap Swim 11-1 HOUR SWIM 5,000+ Group 8:30 AM	Sprint/Fins					

Quote of the Month: "Minds, like bodies, will often fall into a pimply, ill-conditioned state from a mere excess of comfort." – Charles Dickens



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of Directors**

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