

The Record Times

January 1992

Volume II, Number 1

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

HOUR SWIM MONTH!

Coach's Column -

by Michael Collins

Hour Swim Details

Yep! It's hour swim time again. Check the Upcoming Events section in this newsletter for the times you can do it and pick one! The 2nd & 4th Friday's will offer it to 6,10,12, & 6, while the 3rd & 5th Friday's will offer it at 7,11,1, & 7. On Saturday's we're trying something new: to get all the people planning to go similar distances to swim together. The 11th is for swimmers planning to do 3,-4,000 yds, the 18th for those going between 4,000 & 4,800, and the 25th for those planning to go over 4,800. If racing others motivates you this may be the time to do it. Look for sign up sheets at Civic Center Pool & reserve your lane **ONE DAY!** please see Coach page 2

David Letterman's 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 the club 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 get a lot of flip turn practice
3. To make a loved one sit on the deck and watch you swim for an hour
2. To get really bored in only an hour
1. To have a really good reason to go to Cafe Italia for a huge breakfast.

Upcoming Events -

January	Hour Swims:
Fri 10	6,10,12,6
Sat 11	8:30 Intensive (3,000-4,000 preference)
Fri 17	7,11,1,7
Sat 18	8:30 Intensive(4,000- 4,800 preference)
Fri 24	6,10,12,6
Sat 25	8:30 Intensive(4,800+ preference)
Fri 31	7,11,1,7 (Last Chance!)
Sat Jan 25	Officials' Clinic
	Koret Center, S.F. - 8:30 am
Any Masters' swimmer who attends an officials clinic and works two days at a masters meet will get the \$25 USS registration refunded. Ask Coach Mike for details	
February	DAM Stroke Improvement Month
3-9	Freestyle
10-16	Backstroke
17-23	Butterfly
24-29	Breaststroke
Sat Feb 1	USF Short Course Meet.
	Pre-Reg. entries postmark by Wed Jan. 15
	Events: 50's & 200's of each stroke, 200 IM, Medley & Free Relay
	Carpools leave Civic Center at 7:00 am
on Feb 2	Davis Stampede Run - 1/2 Marathon,
10K, &	5K

FINALS
Outstanding
Performance
of the Month -
by Michael Collins

THE FINALS



ANNA SCOTT - OLYMPIC TRIALS QUALIFIER!
After two kids and four years she's done it again - Qualified for the Olympic Trials in the 50 Free. Her time? 23.16 - just .04 under the qualifying standard of 23.20 - but that's as good as a mile in the 50. Her time broke the USMS National Record of 23.68 by over 1/2 a second! However, the time will not be recognized as a record since it was done in a USS Age Group meet in Arizona this last December. This is the **THIRD** Olympic Trials Anna will be competing in - she qualified in the 100 Free in '84, 50 & 100 Free in '88, and now the 50 Free again for '92. The Trials will be held in March in Indianapolis. We wish you the best Anna!

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 Workout Schedule

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

Coach, cont'd from page 1

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 from 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 teams 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.

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.
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 EZ!")
10. **Keep up a good effort even if you don't feel great.** Remember you don't have to feel good to swim fast!

Workout & Lap Swim Hours

Mon.—Fri.

6am, 7am, 10am,
11 am, 12 ,7pm*

@ Civic

6pm @ Comm.

*none on Fri.

Saturday

8:30—10am
(intensive)

@ Civic

Sunday

8:30-9:30am

Saturday, Sunday

11—1pm lap swim

@ Civic

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, & other equipment with a waterproof 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 found.

Treasurer's Tips

by Barbara Paulson

Now that everyone should have their new 1992 Pacific Masters Swimming card (if you re-enrolled on time), you might want to make some copies of it to have for events throughout the year. A copy of your USMS card is required to be submitted along with any entry form for a swim meet or open water swim. This includes the Hour Swim held this month which is an opportunity for many of us to participate to help our club's overall total yardage.

If you have any comments about the re-enrollment forms being included with the newsletters please let me know either with a phone call or a note. We included them with the newsletter and had re-enrollment early partly because so many people either leave before the usually re-enrollment time or just get caught up in holiday activities, and re-enrollment is often forgotten. As this article is being written (at the re-enrollment deadline) it doesn't seem that we were able to get any more of you re-enrolling on time even with the change in schedule and way of getting the forms out. So comments would be appreciated.

December Board Notes

The December Board meeting was held on the 4th at the Chamber of Commerce office at 228 B street. The treasurer reported an increase of 16 members over November of last year. Tom McKenna reported that Verne Scott had been elected to the P.M.S. Executive Board along with Christine Winn as Secretary. DAM should be well represented. Tom also reported on the Aquatics council meeting at which it was agreed to purchase new lane lines for the Manor pool with financial help from the city.

Melody Herbst reported that the newsletter editor might possibly be leaving Davis so the Record Times may be needing a new editor.

Personnel director Charlie Plopper discussed upcoming coaches evaluations and solicited comments from the Board and the coaches regarding format. It was decided that the evaluations will go out with the February newsletters. Assistant coach contracts were also discussed and it was noted that some minor adjustments were still necessary.

Coach Mike's report included a calendar of events for 1992 that the Board can review for upcoming events and business.

The Board agreed to hold the monthly meetings on the first Thursday of the month through June and then on the first Wednesday throughout the Long Course season.

January Swimmer of the Month

Verne and Dorothy Scott, January Swimmers of the Month, started swimming with DAM in 1974. Swimming was the family pastime. Their son, Dave Scott, coached the workouts at that time. Since joining the club, both have been active in club organization and planning activities.

The Scotts helped found DAM in the 1970s. Verne stays involved by serving on various councils and committees. He was on the Board of Directors of the PMS Championships from 1979—1984. Verne organized the first triathlon in Davis (1979) and the first Berryessa Swim.

Besides DAM, Verne is active in PMS and on the Aquatics Councils in town. Not only does Verne represent DAM at PMS meetings, he also served as the PMS chairman for three years. Currently, Verne is working with the Aquatics council and the ad-hoc committee to build a new aquatics facility in town. He has also just been elected to the PMS executive board. Verne enjoys the organizational aspect of the club as well as swimming the workouts.

Dorothy contributes much of her time to planning the club's activities. She has been instrumental in organizing meets. Swimmers have Dorothy to thank for refreshments at events. Dorothy started the t-shirt program in 1979 at the PMS Championships.

The Scotts enjoy the "general mutual support" of the swimmers and realize the "value of organized workouts". They have seen many improvements in aquatics facilities since the 1970's and plan to continue to stay involved with DAM. Thank you, Verne and Dorothy!

A special thank you to Larry Olsen at Cafe California for donating dinner for two in honor of the Davis Aquatic Masters Swimmer of the Month distinction.



CAFE
California

Fresh food, California style

Verne & Dorothy Scott

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

Happy Birthday from all of us at Davis Aquatic Masters!!!

<i>Carol Morris</i>	<i>1/1</i>
<i>Dave Scott</i>	<i>1/4</i>
<i>Julie Thompson</i>	<i>1/5</i>
<i>Sandra Clark</i>	<i>1/6</i>
<i>Nadja Garrod</i>	<i>1/7</i>
<i>Judy Gabor</i>	<i>1/12</i>
<i>Leslie Clawson</i>	<i>1/13</i>
<i>David Kelley</i>	<i>1/18</i>
<i>Kathy Bechtold</i>	<i>1/20</i>
<i>Norren Mazelis</i>	<i>1/21</i>
<i>Kent Fugazi</i>	<i>1/21</i>
<i>Jeff Yoshimoto</i>	<i>1/22</i>
<i>Doris Diemer</i>	<i>1/23</i>
<i>Melody Herbst</i>	<i>1/26</i>
<i>Deborah Smith</i>	<i>1/26</i>
<i>Katy Notley</i>	<i>1/26</i>
<i>Dan Thompson</i>	<i>1/28</i>
<i>Jack Mills</i>	<i>1/29</i>
<i>Barbara Woolsey</i>	<i>1/29</i>

Apologies for those I have not included- technical difficulties encountered in obtaining an updated list. Ed.

Table 2-1 **CONVENIENT HIGH-CARBOHYDRATE FOODS**

Food	Portion	Calories	Carbohydrate (g)	Calories from Carbohydrate (%)
Bagel	1	160	31	78
Banana	1 large	120	30	95
Bread, wheat or white	2 slices	160	30	75
Bread sticks	4	154	30	78
Cereal, ready-to-eat, flake-type	1 cup	110	25	90
Corn on the cob	1 ear	120	29	95
Crackers, low-fat	½ large	80	20	100
Dried fruit (raisins, apricots)	½ cup	225	50	89
Fruit juice	1 cup	120	30	100
Kidney beans, canned	1 cup	186	35	75
Pancakes	3 (4 in.)	260	51	78
Popcorn, plain	4 cups	92	18	78
Potato, baked	1 large	220	51	93
Pretzels, low-salt	2 oz.	222	43	77
Rice cakes	5	200	40	80

SOURCE: Adapted from J. A. T. Pennington, *Bowes and Church's Food Values of Portions Commonly Used*, 15th ed. (Philadelphia: J. B. Lippincott, 1989).

Table courtesy of Liz Applegate from her new book "POWER FOODS" available hardbound at the Avid Reader or WaldenBooks for \$18.95

Advertise in the DAM Newsletter!

Reach over 400 people/mo from all walks of Davis and Beyond. Monthly rates:
Business Card: \$15
Full Pg\$100
1/4 page\$36
lineads 20¢word
Contact Bill Collins
@ 756-1537

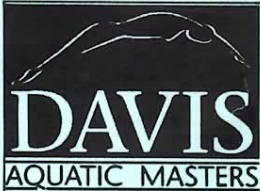
Camera-ready copy Deadline is the 15th of the month.

DAM January '92

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>New Year's Day</u> Swim into the New Year Workout 8:30 am	Distance	Stroke/IM	Intensive 8:30 Lap Swim 11-1 PSCA Coaches Clinic in Napa
			1	2	3	4
Lap Swim 11-1 Coaches Clinic Continued	Stroke/IM	Sprint/Fins	Mid-Distance	Stroke/IM	Distance Hour Swim 6,10,12, & 6	Intensive 8:30 Lap Swim 11-1 <u>Hour Swim</u>
5	6	7	8	DAM Board Meeting		
8:30 am Workout Begins Freestyle Turns Clinic Lap Swim 11-1	Stroke/IM	Sprint/Fins	Mid-Distance Postmark Deadline for USF Meet Feb 1	Stroke/IM	Distance Hour Swim 7,11,1, & 7	Intensive 8:30 Lap Swim 11-1 <u>Hour Swim</u>
12	13	14	15	16		
8:30 am Workout Lap Swim 11-1	Stroke/IM Martin Luther King Jr. Holiday (normal workout schedule)	Sprint/Fins	Mid-Distance	Stroke/IM	Distance Hour Swim 6,10,12, & 6	Intensive 8:30 Lap Swim 11-1 <u>Hour Swim</u>
19	20	21	Pacific Masters Swimming	22		
8:30 am Workout Lap Swim 11-1	Stroke/IM	Sprint/Fins	Mid-Distance	Stroke/IM	Distance Hour Swim 7,11,1, & 7	
26	27	28	29	30		31

Quote of the Month -

"Don't count the days- Make the days count".



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