

# The Record Times

January 1993

Volume IV, Number 1

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

## Most members positive about DAM

A total of 231 swimmers responded to the 1992 DAM program evaluation questionnaire. In general, the responses were very positive. Responses by question were as follows:

1. All but one responded that "yes," they were satisfied with the structure of the workouts.
2. All responded "yes," the workouts are challenging.
3. All but two responded "yes," there is enough variety in the workouts.
4. All said "yes," there is an enjoyable atmosphere at the pool.
7. The average number of swimmers acceptable in a lane was 4.6, with the provision that they be of equal ability. There was a strong sentiment against more than five under any conditions.
8. The average time after workout starts that coaches should stop letting late-comers in a lane with four other swimmers was 11 minutes. The range was from anytime to not at all.
9. All said "yes," the board was responsive to the needs of the club. There was one "no" and 97 did not respond.
10. All said "yes," the board deals with issues promptly and fairly. There was one "no," one "maybe" and 103 did not respond.
11. All responded "yes," they were satisfied with DAM.
12. The primary responses were that either they had never dealt with the board or that they did not know what the board did.
13. 143 said "yes," social events are important. 29 said "no," 4 said "maybe" and 5 left it blank.
15. Everyone who responded said they read the newsletter.
17. 128 said "yes," it is helpful to have the newsletter mailed. 33 said "no" and 70 left it blank.
18. The average time of membership was 5.6 years. The range was from one month to longer than 17 years.
19. Most of the respondents are in the 30-39 and 40-49 age groups.
- 20 53 swimmers said they swim for competition. Almost everyone who answered this question said they swam for fitness, fun or both.
21. The average number of days swum per week was 4.1.
20. The majority of swimmers are experienced or intermediate.
21. 36 said they participate in swim meets (average is 1.9 per year). 63 said they participate in open-water swims (average is 2.6 per year). 24 said they participate in triathlons (average is 4.9 per year).

Thanks to everyone who took the time to complete the survey. The results will be helpful to the board in making decisions on DAM activities.

## January: Hour swim month!

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

### Coach's Column by Michael Collins

You probably already received 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. If you have not received one, you can get one at the pool.

Please turn in the completed form 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 submit entries AS A TEAM so age-group teams can also be entered. You **DO NOT** need to make a copy of your USMS card; we will get a master team list from PMS to send in with the entries.

See page two for some helpful tips on preparing for and completing the hour swim, and for 10 reasons YOU should participate!

### January Workout Schedule

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

## Upcoming Events

### JANUARY: HOUR SWIM MONTH

TUESDAY, JAN. 19

6 & 10 a.m., noon, 6 & 7 p.m.

FRIDAY, JAN. 22

7 & 11 a.m., 1 & 7 p.m.

TUESDAY, JAN. 26

7 & 11 a.m., 1, 6 & 7 p.m.

FRIDAY, JAN. 29

6 & 10 a.m., noon, 6 & 7 p.m.

SATURDAY, JAN. 30

8:30 a.m.

SUNDAY, JAN. 31

8:30 a.m.

### FEBRUARY: USMS FITNESS CHALLENGE & DAM STROKE IMPROVEMENT MONTH

FEB. 1-7

Breaststroke

FEB. 8-14

Butterfly

FEB. 15-21

Backstroke

FEB. 22-28

Freestyle

## Workout and Lap Swim Hours

### WORKOUTS: MONDAY - FRIDAY

Civic Center	Noon
6 a.m.	1 p.m.
7 a.m.	7 p.m.
10 a.m.	Community
11 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.

## 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 swimmers in 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 "weenie"
1. To have a really good reason to go to Cafe Italia for a huge breakfast.

## The hour swim made easy: 10 tips

1. Work out regularly: 4 or more times a week in the weeks preceding your swim (Don't miss distance days!)
2. Eat well in the days preceding your swim: High carbs, 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 need not 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, e.g., 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 goal = 10 x 500 @ 6:00.
5. Arrange to swim with swimmers of similar ability: or with a rival swimmer you would like to beat!
6. Bring someone (math minded) to count and keep splits: She or he can update you on your yardage status and on your pace.
7. Concentrate during the swim on good form: Be efficient.
8. Streamline, Streamline, Streamline!
9. Gradually increase your effort through the swim: in other words, START EeeeeeeZeeeeeee!
10. Keep up a good effort even if you don't feel great: Remember you don't have to feel good to swim fast!

## HELP WANTED!!

We need a new newsletter editor. Deborah Smith is moving to Oregon early in the new year, and we need someone to produce the newsletter. The job involves taking articles written by board members, coaches and others and laying them out in the newsletter format. Most material is submitted on Macintosh disks so availability of and ability to use a Mac are desirable. Time commitment is about 6 hours per month.

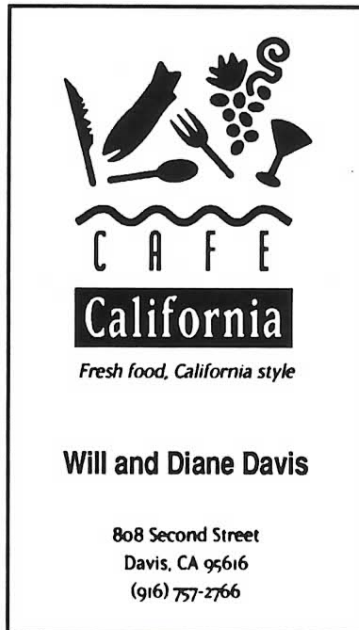
**Compensation:** The warm feeling of knowing you are helping DAM and FREE DUES.

**Contact:** Rand Schaal, 758-2109

## Happy Birthday to:

David Miramontes	1/1
Greg Scallon	1/2
Dave Scott	1/4
Julie Thompson	1/5
Sandra Clark	1/6
Nadja Garrod	1/7
Ric Clark	1/7
Jill Davison	1/7
Mark Wheelis	1/8
Cynthia Kellogg	1/9
Scott Sutton	1/9
Brian Hill	1/9
Judy Gabor	1/12
Jennifer Blake	1/12
Erik Brown	1/12
Leslie Clawson	1/13
Markus Eklund	1/13
Kristine Dickey	1/13
Erin Layng	1/13
Suzanne Teuber	1/16
Ryan Brant	1/16
Christine Hatch	1/17
Ronald Addy	1/17
Robert Mowat	1/17
David Kelley	1/18
Veronica Mata	1/18
Martin Antony	1/19
Brian Timmerman	1/19
Kathy Bechtold	1/20
Noreen Mazelis	1/21
Kent Fugazi	1/21
Jeff Yoshimoto	1/22
Doris Diemer	1/23
Yvonne Mehl	1/24
Cini Brown	1/24
Leslie Kesling	1/24
Melody Herbst	1/26
Deborah Smith	1/26
Lisa Nowell	1/26
James Borghino	1/27
Dan Thompson	1/28
Jack Mills	1/29
Barbara Woolsey	1/29
Pam Ronald	1/29
Karin Gursky	1/31

## January Swimmers of the Month: Will and Diane Davis



Long distances and open-water swims intimidate most swimmers — but not January swimmers of the month, Will and Diane Davis. They thrive on open-water competitions.

Since their first open-water swim at Lake Berryessa in 1984, Will and Diane have competed in about nine swims a year! Their accomplishments include strong finishes in the following swims: Berryessa, Trans-Tahoe, Donner Lake, Topaz Lake, Del Valle (both races), Russian River and Whiskeytown.

Diane, a 7 a.m. regular, enjoys swimming with DAM for both the social and fitness aspects. She and her lanemates motivate each other to work out hard every morning.

Diane enjoys open-water swims partly because there are no flip turns.

"In open-water races, you can let your mind go and just swim," says Diane. "The fun of open-water swims is knowing you can do it."

Will, an 11 a.m. swimmer, always strives to improve at workout. The "fun" of the open-water races attracts Will to the various events every year. In addition to his involvement with DAM, Will is the Aquadart president. He helped start the grocery store fundraising program that benefits both DAM and the Aquadarts. He hopes to implement other joint fundraising activities in the future.

DAM thanks Will and Diane for their involvement and wishes them lots of luck in the 1993 open-water season.

*A special thank-you to Larry Olsen and Cafe California for awarding complimentary dinners to our Swimmers of the Month.*

**\$10 OFF FOR FIRST VISIT**



**Richard Strohl**  
Certified Massage Therapist

756-5087

AMTA MEMBER # 15795-4

**PROVIDING QUALITY BODYWORK  
FOR EXCEPTIONAL ATHLETES**

## Complaints? Questions?

As Membership chair, I am a liaison between DAM members and the DAM Board of Directors.

Please don't hesitate to contact me with comments, complaints, questions or suggestions.

**Christine Winn**  
758-9560

## Hold tight to your 1993 PMS card

Last month everyone was supposed to re-register for Pacific Masters Swimming, except

for those who had first registered in the last quarter of the year, and had already received their 1993 card.

Everyone swimming should have received from the Pacific Masters Swimming office their 1993 PMS card shortly after the beginning of January. You should keep this card in a reasonably safe place especially if you are going to be competing in any events this year.

If you lost or misplaced your card in the past, all you needed to do was to call Nancy Ridout, the PMS registrar, let her know that you needed a copy, and she would send you a copy.

The new policy is that you will be charged for replacing a card. The fee is \$2.00 for replacing a registration card and \$5.00 for any faxes (plus \$1.00 per additional page). There will also be a \$2.00 late charge if payment is not made within 15 days of the fax.

If the fees are not paid, your membership in Pacific Masters

### Treasurer's Tips by Barbara Paulson

Swimming could be suspended. This would mean that you could not compete in any United States

Masters Swimming event. Also you would not be allowed to work out with Davis Aquatic Masters or any other club that requires USMS membership.

If you have laid aside the envelope from the Pacific Masters Swimming office as unimportant mail, you should try to find it in the bottom of the stack before six months of junk mail is piled on top of it. Then when you decide that you really would like to swim in the Berryessa swim, you will have your card readily available and not have to pay the extra copy charge.

A reminder to those who are interested in competing, you will be required to send in a copy (For obvious reasons do not send in the original!) of your PMS card with any entry forms. It would be a good idea to make several copies now so that they are handy when you are rushing at the last minute to get your entry form in.

## Lake Berryessa coming up soon

This year's Lake Berryessa Swim, DAM's main fundraiser, will be Saturday, June 5. As always, volunteers are needed to ensure the event's success.

The Berryessa Swim attracts as many as 1,000 swimmers to compete in the one- and/or two-mile courses. We urge all DAM members to support it by swimming or volunteering.

Event coordinators for 1993, Greg Matthews, Melissa Beaty, Will Davis and Ann Motekitis, have already begun planning the swims. An age-group swim will be included this year for the first time.

The directors will begin contacting volunteers very soon. If you signed up to help and don't get called immediately, don't worry, your name will come up eventually. If you're really enthusiastic about helping, give one of the directors a call and get yourself signed up right away!

### DAM welcomes:

Karen Rosenkilde  
Ruth Kava  
Ric Clark  
Jill Davison  
Tracy Stapleton  
Kevin Nesbitt  
Rick Camp  
Audrey Haverstock  
Jon Lee  
Paul Durzan  
Tyrone Arnold  
Maria Greaves

## Video analysis dates set for January

If you want to improve your stroke and get faster, don't miss the opportunity to attend one of the videotaping sessions.

First you will watch a videotape on proper swimming techniques. Then you will get in the water and execute various drills to perfect your stroke. You will be videotaped from 4 different angles.

Finally, you will watch yourself on tape with a coach. Each swimmer will receive a critique sheet, to help

recognize his or her strengths and weaknesses.

All this for only \$5, or \$10 if you want a copy of the videotape. Space is limited to the first 10 to sign up for each session.

Following are the session dates. They are all on Sundays.

Jan. 3 .....8 a.m. - Backstroke  
Jan 10 .....8 a.m. - Freestyle  
Jan 17 .....8 a.m. - Breaststroke  
Jan 24 .....8 a.m. - Freestyle

**Thanks to everyone who participated in the canned food drive for the Yolo County Coalition Against Hunger. Your contribution was appreciated!**

## POWER FOODS Tip of the Month

The following was taken from Dr. Liz Applegate's book POWER FOODS available at Walden Books or the Avid Reader. Liz lectures at UC Davis and is a long-time DAM swimmer.

INSTEAD OF ...	ORDER ...	AND SAVE ...
Apple snack pie (McDonalds)	Soft ice cream cone (McDonalds)	65 calories 9 grams of fat
Bacon and Cheese Potato (Carl's Jr.)	Broccoli and Cheese Potato (Carl's Jr.)	180 calories 17 grams of fat
Beefy Tostada (Taco Bell)	Tostada (Taco Bell)	112 calories 9 grams of fat
Burrito Supreme (Taco Bell)	Bean Burrito (Taco Bell)	114 calories 10 grams of fat
Coleslaw (Kentucky Fried Chicken)	Mashed Potatoes (Kentucky Fried Chicken)	57 calories 6 grams of fat
Combination Pizza, 2 slices (Shakey's)	Cheese Pizza, 2 slices (Shakey's)	174 calories 4 grams of fat
Double burger (Wendy's)	Single Burger (Wendy's)	210 calories 14 grams of fat
Quarter Pounder w/cheese (MacDonald's)	Cheeseburger (MacDonald's)	205 calories 16 grams of fat

## THE FINALS

**GREG JOHNSON**

### January Outstanding Performance Winner

by Michael Collins

On November 29, Greg Johnson, along with Alan Rowland, Jeff King and Coach Mike, made an assault on the new timed 6,000 yard USMS Championships. Greg's time was 1 hour, 11 minutes, 58 seconds. That is faster than a 1:12 pace per 100.

He pulled away from the other three competitors after 4,000 and finished very strong (the three others finished close to 1:15:00). Look for a strong hour swim from Greg!

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

## Helpful Hint: Lost and Found

Got some new swimmin' gifts for X-mas you don't want to lose? Everyone gets forgetful occasionally and leaves something at the pool or in the locker room.

Your chances of getting things back are much greater if you do the following:

- Put "DAM" & YOUR NAME on your goggles, suits, and 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 what you have lost, what it looks like, and when you lost it. 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.

## Grocery Store Fundraiser Sign up today

Use this form to sign up for the grocery store fundraiser. Make your check out to Davis Aquatic Masters and attach it to the form. Drop the check and the form into the Dues Drop Box or mail it to P.O. Box 921, Davis, CA 95617. It must arrive by the dates indicated below.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Store desired:

\_\_\_\_\_ Safeway (due by 30th of the month)

\_\_\_\_\_ Farmtown (due by the 30th of the month)

\_\_\_\_\_ State Market (due by the 30th of the month)

\_\_\_\_\_ Lucky (due by the 8th of the month)

Amount enclosed: \_\_\_\_\_

Denominations desired (indicate number of each)

\_\_\_\_\_ \$10

\_\_\_\_\_ \$20

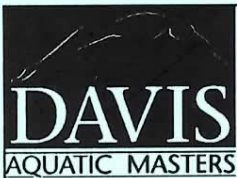
\_\_\_\_\_ \$50

**Thanks for  
your support!**

**January DAM 1993**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>New Years Day!</b> Lap Swim 11-1	<b>No Intensive DAM Freestyle Ironman Meet</b> (1,650+1,000+500+200+100+50) 8 am Lap Swim 11-1
Backstroke Videotaping Technique Workout 8:00 Lap Swim 11-1	Stroke/IM	Distance	Stroke/IM	Sprint/Fins	Middle Distance	Intensive 8:30 am
Freestyle Videotaping Technique Workout 8:00 Lap Swim 11-1	Stroke/IM	Distance DAM Board Meeting 7 pm 8 Street	Stroke/IM	Sprint/Fins	Middle Distance	Intensive 8:30 am
Breast Videotaping Technique Workout 8:00 am Lap Swim 11-1	Stroke/IM	Distance Hour Swim 6,10,12,6,7	Stroke/IM	Sprint/Fins	Middle Distance HOUR SWIM 7,11,1,6,7	Intensive 8:30 am
Freestyle Videotaping Technique Workout 8:00 am Lap Swim 11-1	Stroke/IM	Distance Hour Swim 7,11,1,6,7	Stroke/IM	Sprint/Fins	Middle Distance HOUR SWIM 6,10,12,6,7	Intensive 8:30 am HOUR SWIM
No Technique Workout HOUR SWIM 8:30 am						

Quote of the Month: *"We cannot direct the wind. But we can adjust the sails."*



P.O. Box 921  
Davis, CA

Marnelle Gleason  
1207 Caribou Place  
Davis, CA 95616

**DAM Board of Directors**

- Larry Olsen (P) 758-9644
- Rand Schaal (VP) 758-2109
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**Assistant Coach**

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**Newsletter Editor**

Deborah Smith 758-7707

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