

# The **RECORD** **TIMES**

MONTHLY NEWSLETTER FOR THE MEMBERS OF DAVIS AQUATIC MASTERS



Davis Aquatic Masters  
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JULY 2006

Happy  
4th!

## Coach's Corner

By Head Coach  
Rick Powers

This article by Coach Rick was published last month in the American Swimming Coaches Association monthly newsletter.

The author, Rick Powers, spent 25 years coaching overseas in 10 different countries. Presently, Rick coaches Davis Aquatic Masters, Davis, CA, the nation's largest USMS affiliated Masters team.

Coaching overseas can be extremely frustrating and tremendously rewarding. I began coaching internationally just out of college, as a Peace Corps Volunteer in Ecuador in 1966. I was chosen as national team coach in 1967 for the South American Age Group Championships in Lima, Peru. Two of the Ecuadorian swimmers from other clubs, with the collusion of the Ecuadorian Swimming Federation President, obtained forged birth certificates, placing them in lower age groups. I reported this to the President of the South American Swim Confederation. Both swimmers results were purged and the Pres. of the Ecuadorian Federation suspended. Of course, my involvement was looked upon as foreign interference and many of the local coaches and swimming officials proceeded to make my stay in Ecuador very difficult. I soon quit the PC and moved to Venezuela where I coached for 2 years at the Central University in Caracas. At the time, UCV was a hotbed of leftist and anti-American sentiment. Being the only American working at the university then, I was often harassed by leftist students who protested my presence there.

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### UPCOMING EVENTS

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**July 7-9: PMS LC Championships**

**July 29th: Annual DAM BBQ@ 5PM, Community Park**

**August 4-11: World Masters Championships at Stanford**

## *Coach's Corner, continued from page 1*

The last straw was one afternoon on the pool deck when four guys, one of who put a pistol in my stomach, surrounded me. I thought it was lights out but was saved by a couple dozen of my young swimmers who ran over to see what was going on. The four guys ran away as other coaches from the athletic department came running to my rescue with baseball bats. Though offered guns by several friends, I chose prudence and moved to Brazil.

For the next two years I coached at a large multi-sport club in southern Brazil until suddenly the new board of directors decided to fire the 'expensive' coaches and build a dance hall for social events. I then moved to Sao Paulo, Brazil and spent five years at a large Jewish Community Center, which gave me total support to develop a team that eventually won the Nationals. When your team improves, though, you often make enemies of those you surpass. I was always ignored when coaches were chosen to coach the national teams despite having as many as 10 of my swimmers on the national squad. Eventually, when one of my swimmers was left off national squads after qualifying, without any explanation, the combination of frustration at not reaching my professional goals and seeing the swimmer unjustly penalized led me to resign my position.

I accepted another job back in Caracas in 1977. When I showed up in Venezuela again, immediately, a dozen of the top Venezuelan swimmers transferred to my team. Many of them had been young age groupers during my previous stay 8 years before. Every week for 4 months I attended the local federation meetings to ensure the transfer process of the swimmers was on track. With absolute assurance from the Federation officials that my swimmers would be eligible for the upcoming Nationals we departed Caracas for the city where it would be held. Upon arrival, the evening before Nationals began, I was informed that the other clubs had called a secret meeting and voted unanimously to relegate my swimmers to consolation finals: no points, no medals.

After the prelims of the 3<sup>rd</sup> day of the 5-day meet we were further informed that another secret meeting had been held and my swimmers would no longer be allowed to participate at all. In a situation like that you are absolutely helpless. We packed up and went home. Six months later I qualified 6 out of 10 swimmers on the Venezuelan team for the South American Senior Champs in Ecuador. By the Venezuelan regulations, I should have been the National Coach. Of course, I wasn't chosen. My club decided to pay my way to the meet so I could at least give the kids some moral support. When the swimmers arrived, mine were called aside and warned that if seen talking to me they would be sent home. I basically disappeared and watched the meet from the stands. When the team returned to Caracas my 4 male swimmers were told they were suspended for 2 years. No explanation was ever given. They quit swimming and I returned to the US.

In 1981, I accepted a job in Israel, coaching the top Israeli club. The team was based on a kibbutz where people don't earn salaries. The club paid me but mysteriously, my salary diminished each month with no reasons offered. I decided to leave after the winter Nationals. At Nationals my swimmers broke 13 national records and I was offered a new contract by the sports politicians and offered the coaching position for the 1984 Olympics. After a six month trip, I returned to Israel to try again and was soon informed that another coach had been chosen Olympic Coach, and once again my salary was cut each month. Soon after, the Israeli coaches decided not to score points at the next National meet so that my club wouldn't win again. I departed and headed for the island of Crete, Greece, where I spent 4 idyllic years in a lovely town with an excellent pool complex. In Greece, the ruling political party puts its cronies in to administer the sports federations. Meet schedules and programs are subject to the whims of these politicians. Each year I would make suggestions that were always ignored and would then be called before the sports justice commission, charged with criticizing the sports authorities. I was always exonerated because on further examination of the facts, I was judged correct in my observations. One year, when the breaststroke rule was modified, permitting the head to submerge, the Greeks refused to believe me and I was told that I didn't know how to read English! I finally gave up and moved to South East Asia.

My next stop was Singapore in 1988 where I was hired by a local swimming club. Within weeks, my swimmers were making extraordinary progress. One day the club told me that my work visa had been cancelled and I had to leave the country in 40 days. It turned out the vice president of a rival club was the former Chief of Police of Singapore (and current FINA Bureau member). He had pulled strings to get rid of me.

In 1994, I accepted a relatively lucrative position as National Coach of Kuwait. I was to prepare 4 swimmers for the Asian Games in Hiroshima, Japan that year. The problem was they were never the same four. After a few weeks they would get bored and disappear and someone else would show up. When I tried to convince them to commit to train in a more serious way the response was always "God willing" I will swim fast. Of course, they didn't. At a meeting of the Kuwaiti Olympic Committee after the Games my assistant coach, a Kuwaiti, stated "the American coach doesn't know how to taper swimmers who don't train"! I learned in Kuwait that money isn't everything. My former boss in Kuwait is also on the FINA Bureau.      **CONTINUED ON THE NEXT PAGE**

## Workout Schedule

### MONDAY - FRIDAY

#### Civic Center Pool

Russell & B Street

6:00 am - 7:00 am

7:00 am - 8:00 am

10:00 am - 11:00 am

11:00 am - Noon

Noon - 1:00 pm

1:00 pm - 2:00 pm

6:15 pm - 7:15 pm

7:15 pm - 8:15 pm

#### Arroyo Pool

(Monday through Friday)

5:45 am - 7:00 am

### SATURDAY

#### Civic Center Pool

7:30 am - 8:30 am

8:30 am - 10:00 am

10:00 am - 1:00 pm

(lap swim)

### SUNDAY

#### Civic Center Pool

10:00 am - 1:00 pm

(lap swim)

### DUES INFORMATION

\$40 per month, due on the 1st

(\$5 late fee added after the 7th)

\$35 for senior swimmers 65 or older.

\$2 fee added to non-automatic withdrawal payments

Make checks payable to DAM and leave in slot at the pool or mail to P.O. 921, Davis, CA 95617

Leave of absence fee is \$2 per month (reserves priority number). Notification must be made to Treasurer by the 15th for leave to take effect in the following month.

## Coach's Corner

### Continued from page 2

In 2000, I decided to spend some time in Zimbabwe and took a coaching job for several months in Bulawayo, the second largest city. At all the meets, coaches, parents and officials would smoke on deck and all around the pool. I would be furious and show them the FINA book prohibiting smoking in venues where swimmers were present. They just laughed at me.

So, any regrets? Not too many. I can go back to visit just about any of the places I've worked and have a wonderful reception from my former swimmers. I have been best man at their weddings, godfather to their kids and am treated like a member of the family.

The connections I've made have led to invitations to give clinics in 29 countries. I have coached the national teams of six countries for many international competitions. I've visited over 60 countries and picked up 3 more languages. I've seen places most people will only ever see in National Geographic.

If you decide to take a job in a foreign country don't go with high expectations. Take it one day at a time. If it doesn't work out, at least, you will have had some unforgettable life experiences and you will leave a little bit of yourself in people's hearts wherever you go.

YOU WANT TO MAKE THE MOST OF YOUR LIFE.

WE CAN HELP.

Financial Planning is much more than buying an investment or insurance. It's developing your vision of the future. It's addressing your key issues, concerns, and values. It's identifying your goals and formulating a plan to create the life you really want.

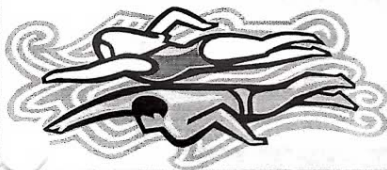
For more information on how we can help you make the most of YOUR life, please contact us today.

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Joel A. Larsen, CFP®, is a Registered Principal with, and offers financial planning and securities through, Linsco/Private Ledger, member



# Welcome New Members!!

# Happy Birthday this Month to...



Giovanni Bernardi	Greg Stoner	7/1		
Max Biessmann	Brandon Forest	7/2		
Laney Deatsch	Barbara West	7/2	Wendy Pratt	7/18
Chrissy Fisher	Barbara Knox	7/4	Jessica Loberg	7/19
Kathryn Hemness	Robert Norris	7/4	Roy Kamada	7/20
Monica Krauth	Harrison Phipps	7/4	Barry Parker	7/20
Tom Kurth	Cap Thomson	7/4	Mark Schwartz	7/20
Ryan Miller	Kristine Harvey	7/6	Sean Smith	7/21
Cater Ortolano	Sharon Blaha	7/7	Nancy Stone	7/21
Harrison Phipps	Lindsey Shahoian	7/8	Tom Cross	7/22
Lia Schraeder	Alice Aldous	7/9	Nancy Ottum	7/22
Arianna Verbiscar-Brown	Heidi Feigenbaum	7/9	Chris Scheuring	7/22
	Frank Sauers	7/9	Steve Smith	7/23
	Don Yee	7/9	Nathaniel Leachman	7/24
	Melanie Bowden	7/11	Lorna Belden	7/25
	Betty Dugan	7/11	Jennifer Epp	7/25
	Niels Riegels	7/11	Bob Lantz	7/25
	Lesley Butler	7/12	Tovah Skiles	7/26
	Danielle Christy	7/12	Benjamin Bimson	7/27
	Kari Fish	7/13	Jacque McQuay	7/27
	Bill Treguboff	7/13	Doug Nelson	7/27
	Nyla Crain	7/14	Jerald Wamsley	7/27
	Pat Feeney	7/14	Katie Thomson	7/28
	Rob Westergaard	7/15	Doug Fisk	7/31
	Melissa Franke	7/16		
	Pedro Miqueo	7/16		
	Grant Aaron	7/17		
	Stan Dundon	7/18		



## OTHER DAM NEWS...

### Summer Long Course Training Schedule at Schaal pool on campus .

From June 20-August 3, all T/Th evening practices will be at **Schaal**. They will be 2 one hour sessions at 6:30 and 7:30PM. Swimmers doing the 6:30 are expected to help put in the lane lines and flags 15 minutes before the session and swimmers doing the 7:30 must help to remove the lane lines after practice. There will be no T/TH evening practices at Civic during this period. Swimmers planning on participating in the World Championships should try to make the less crowded 7:30 practice.

**DAM BBQ**— this year join Dam for the annual BBQ in Community Park. It'll be on July 29th at 5:00PM. More details will follow.

## Swimmer of the Month

### Barb Molloy

July's DAM Swimmer of the Month is Barb Molloy. Originally from Des Moines, Iowa Barb started swimming at the Friday Night Family Swims through her local YMCA. She says it was "kind of decadent to be all steamy when it was cold and snowy outside." Joining DAM around 1987 "or so," Barb began as a summer only swimmer. Not loving the cold weather/outdoor pool thing, she would swim only when it was warm outside and found it hard to make swimming a regular habit. Her regular attendance at the 7 a.m. workout began as a joke, when Gayle BonDurant joked, "Well, Barb, you can always swim at 7 a.m. (loud laughter)." She decided that swimming at 7 a.m. was the only way to make swimming a regular habit, even if she is not always on time. So, for the past seven plus years, it's been her trusty lane 2 mates Karen Spatz (now Karen Firestein), Lynn Schroeder and Ellen Watkins who keep her going. Though not an avid open water swimmer, Barb has spent many hours and months helping with the Lake Berryessa swim. This year she worked with one of her former students, Becca Kawaichi, who designed the new logo for the race. What Barb has to say about her swimming, "I'd like to say that I always love coming to the pool, but the truth is, I kind of have to talk myself into getting to the pool most days. And every time I make it there, it means the part of me won out that says, Go! So what if you're late! At least swim a little! You'll see your buddies there! *Some* swimming is always better than no swimming!" Barb plans on using her Caffè Italia gift certificate to take her husband out to dinner as he accommodated her many late nights of Berryessa work. She also wants to give a shout out to "80 something 7 a.m. swimmer, Boris, by saying, "He is an inspiration to us all." Thanks, Barb and congratulations on being Swimmer of the Month.



*Caffè Italia is the proud sponsor of DAM's Swimmer of the Month. Recipients will receive a gift certificate for 2 meals at Caffè Italia*

DAM has 2 health club partners: PEAK PERFORMANCE and PHYSICAL EDGE. Members who join one of these clubs pay \$30 to both DAM and the club, a substantial discount from the regular rates.

**PEAK PERFORMANCE**  
2795 2nd St. 759-7746

**PHYSICAL EDGE**  
1970 Lake Blvd, Suite 4, 753-9355

Treasurer's Tips  
By Valerie Greenough

I have noticed some email addresses are getting bounced back when I send out notices and newsletters. Over the past few months some of the emails I sent out have caused problems with the ISPs (internet service providers). My foolishly mentioning the following words in the subject line: "urgent", "sale" or "help" has caused some ISPs to place the damswim address on a SPAM list. I have tried to contact the ISPs where possible and explain why we have such a large mailing list and I have refrained from creating spam blocking subject lines but the number of DAM members has grown and thus the mailing list.

There are several reasons why the emails could be bounced back:

- Email addresses have changed and not been updated;
- People have graduated and their ucdavis.edu email is no longer valid;
- Firewalls, Anti-Virus software and Spam Blockers think the email is spam due to the large mailing list or because I have used a wrong word in the subject line;
- I have mistyped the email address.

If you have not been getting your DAM emails, or if a member you know has not been getting their emails, please contact me at [damswim@dcn.davis.ca.us](mailto:damswim@dcn.davis.ca.us).

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PERFORMANCE OF THE MONTH, JULY, 2006  
DAM SWIMMERS, CHAMPIONS ALL

On June 3, 1,201 swimmers participated in the 25<sup>th</sup> Annual Lake Berryessa Swim. Two of those swimmers earned Performance of the Month awards based on their results.

Amy Rieger, a fixture at the 5:45 am Arroyo workout was the highest DAM finisher, male or female. Amy was 2<sup>nd</sup> in the 40-44 age group in the 1 mile swim and 10<sup>th</sup> overall with a time of 23:54. Amy is one of those homegrown DAM swimmers, having started her swimming with the Aquadarts back in 1969.

In 1974 her family moved to Sacramento and she swam on her high school team and with a summer league team. In college, though, Amy chose to do crew at Mills College and later cross country at Simmons College in Boston. Moving back to California, Amy began swimming at Walnut Creek Masters while living in the Bay area. Another move, to Sacramento again, led to swimming with Woodland Masters for 5 years, during which she participated in triathlons until an injury suffered in an auto accident ended her biking days. Ten years ago Amy completed the journey and moved back to Davis where she joined DAM.

Amy really doesn't enjoy meet swimming anymore. Last year she participated in the PMS meet in Pleasanton and then called her mom after the meet. Her mom asked, 'Did you break a minute'. Amy thought, 'Wow, that's the same question she asked when I was 12.' Preferring open water swims, Amy entered Berryessa this year because her daughter, an Aquadart swimmer, was entered. After swimming more than one million yards in practice last year, Amy set a goal of completing the Berryessa swim this year. She sure did it in style, too.

Amy loves swimming with lane buddy Kerry Halstead at the 5:45 am practice because Kerry is such a hard worker. Amy knows she has to be at practice because she worries, 'What will Kerry say if I don't show up in the morning', when the two of them pick up their kids from Aquadart practice in the afternoon.

Amy Rieger is one of those swimmers who always walks in with a smile on her face and a great disposition, really a coach's delight.

Sharing the award with Amy is another delightful person who also set a record in this year's swim. Pat Lax, 85 years old, but with the spirit of a person about half that was the oldest swimmer to complete the anniversary swim. As a child Pat learned to swim in the ocean in Honolulu. Pat, whose husband worked around the world for the US government, has had an exciting life living in several different countries. Though never swimming regularly until joining DAM some 15 years ago, Pat told me that when they lived in Pakistan they had to find beaches far from the local crowds because women were only allowed to bath dressed in their long robes, so, they had to find a place no one would see them.

When they moved to Davis, DAM swimmer Barbara Knox, an old friend, suggested she try DAM. She did and she never regretted it. Pat says she has made so many good friends at DAM. Pat says the seniors at the 10 am practice have a saying: "You hate to stop swimming, because you might not get started again".

This spring Pat decided that if she was ever going to do Berryessa it was going to be now. She was nervous about it but received assurances from Ahelee and myself that she

indeed could make it. Swimming with her friend Nyla Crain and led through the swim by another friend, Noreen Mazelis, her confidence improved as the swim progressed. Pat said it was also reassuring to have the canoe close by.

So, when you think of something you just can't do, think of Pat swimming the Berryessa mile and then think again, and give it a try. Congratulations to Pat and Amy, Performers of the Month.