

BECOME A VIDEO STAR

**Coach's Column
by Mike Collins**

Yes, you too can see yourself on the big screen (or maybe just a small 13" screen). Videotaping and stroke analysis will be offered during each of the regular workout hours, in addition to the Sunday Technique workout. No more excuses like, "oh, that's my only day to sleep in" and other whinning excuses. If you are interested in improving your swimming, this is the way to do it. **YOU WILL LEARN MUCH MORE ABOUT YOUR STROKE, IN A MUCH SHORTER PERIOD OF TIME, IF YOU SEE IT YOURSELF!** It's as simple as that. Coaches can tell you what it looks like 'til we're blue in the face, but it just doesn't sink in until YOU SEE IT!

Videotaping is done from each side, head on, and from behind. This allows you to see differences from the right & left sides, stroke patterns above & below the water, head position, efficiency of the kick, and strokes per length. Each participant receives the video of him or herself swimming, the date appearing on the screen so it can be compared to future tapings. Also included is a critique sheet which will point out your strengths and areas to work on. (See Areas Critiqued on page 2.)

Each session is limited to six people. The cost is \$6 if you bring your own VHS tape, \$10 if the club supplies the tape. Plan to spend an extra 30 minutes after practice reviewing the tape and receiving critique. Signups for each session are posted on the board at Civic.

DAM Hours

Workouts
Civic Center Pool
Monday-Friday

6am	noon
7am	6pm
10am	7pm
11am	

Saturday
Intensive: 8:30-10am

Sunday
Technique: 8:30-9:30

Lap Swim
Civic Center
Saturday & Sunday
11am-1pm

Summer Coaching Schedule

	6am	7am	10am	11am	noon	6pm	7pm
Monday	Mike	Mike	Don	Don	Don	Mike	Mike
Tuesday	Don	Don	Mike	Mike	Mike	Don	Don
Wednesday	Mike	Mike	Don	Don	Don	Mike	Mike
Thursday	Don	Don	Mike	Mike	Mike	Don	Don
Friday	Mike	Mike	Don	Don	Don	Mike	Mike

Video Analysis Dates

Date	Hour
Sun 11	8 am
Tue 13	6 am
Wed 14	10 am
Wed 14	12 noon
Wed 14	6 pm
Thu 15	7 am
Mon 19	11 am
Mon 19	7 pm

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

Ten Areas Critiqued in Video Analysis

1. Streamlining: Swimmers move fastest off walls. Streamlining is critical to sustaining that speed. Biceps should be squeezing ears, elbows locked, one hand on top of the other with thumb of top hand curled around base of little finger of lower hand, legs together and toes pointed. STREEEEAAAATCH!
2. Stroke Recovery: Relaxed, and effecient
3. Stroke Entry/Catch: Smooth, low splash, proper hand entry angle.
4. Underwater Stroke Pattern: Proper sweeping motions, high elbow position, hand acceleration, symmetrical.
5. Distance Per Stroke (DPS): Gives clues to inefficient swimming.

<u>Stroke</u>	<u>Good Efficiency</u>	<u>Ineffecient</u>
Fly	8-10	12+
Back	16-19	23+
Breast	6-9	13+
Free	15-18	22+

6. Stroke Rate: Cycles per minute. Optimum ranges for each stroke depend on race distance and limb length. Rates should be on the high side for shorter distance races and in smaller people. Rates should be on the low end for distance events and long limbed swimmers.

<u>Stroke</u>	<u>Range</u>
Fly	50-55
Back	40-50
Breast	40-55
Free	45-60

7. Head Position: Relaxed, focused forward, not buried, not held too high out of the water, not bouncing.
8. Breathing Pattern: Smoothly, without losing timing or rhythm of the stroke.
9. Kicking Efficiency: Steady and propulsive, not erratic.
10. Turns: LEGAL, smooth, efficient, continuation of momentum.

BERRYESSA ITEMS FOR SALE

T-shirts	\$5.00
Tank tops	\$5.00
Water Bottles	\$1.00
Mugs	\$1.00
Water bottles/ Mugs	\$10.00 a dozen

Make check payable to
DAVIS AQUATIC MASTERS
 and note for Berryessa fund.

DAM 4th of July Party

POTLUCK BBQ

Time: 6:00 pm
 Place : 626 B STREET
 BRING: Plate and Utensils, something to BBQ
 If you come 6-6:30 bring munchies!!
 A-K Salad
 L-R Dessert
 S-Z Bread

JULY SWIMMER OF THE MONTH

Melissa Beaty and Greg Matthews, 1993 Lake Berryessa Swim race directors, are the July Swimmers of the Month. Melissa and Greg did a phenomenal job coordinating the organizing committees and working with the Aquadarts and A Change of Pace. Their hours of hard work truly resulted in a great success.

Both Melissa and Greg are former recipients of the Swimmer of the Month award. Melissa has worked at registration and has organized the first aid committee for past Berryessa swims. This year, Melissa decided to co-direct the event with Greg. She even managed to find the energy to swim the race. In the past, Melissa has also served on the elections and newsletter committees, volunteered at the Great North Triathlon and competed in numerous meets and open water swims. A very talented swimmer and inspiring individual, Melissa always encourages others to participate in club activities and to challenge themselves in competition.

Greg is also a veteran Berryessa volunteer. Last year as equipment manager, he drove a huge, equipment-filled U-Haul van to the race site. This year he volunteered to co-ordinate the event, and enjoyed working with the various committees. Greg's most memorable Berryessa moment was discovering the club had made some money! In addition to his involvement with DAM, Greg also coaches for the Aquadarts. He has been swimming since age four, which includes four years at UC Davis and more recently at DAM's 6pm workout.

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



Fresh food, California style

**Melissa Beaty
 Greg Matthews**

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

**Outstanding Performance
of the Month**



Ann Peters

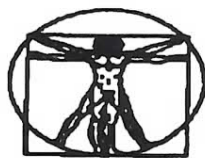
By Michael Collins

DAM has a new "Open Water Queen" in Ann Peters. At the Lake Berryessa 2 Mile Swim, Ann won the 30-34 age group and placed 3rd overall female. Two weeks later at the Warm Springs 2 Mile Swim at Lake Sonoma, Ann proved her high place at Berryessa was no fluke when she again won her age group and finished 2nd overall female. Ann looks like she's well on her way to winning the PMS Open Water Points Series in her age group. Keep tearin' it up, Ann!

The FINALS Outstanding Performance of the Month winner receives a free FINALS swimsuit, courtesy of Scott Morris, Promotions Director.

DAM Triathlete of the Month

Marcel Vifian



Richard Strohl
Certified Massage Therapist

By Michael Collins

Marcel is quickly rising to become one of the best amateur international distance triathletes in the country. In his first two races of the season, Marcel crushed his age group competitors by over 3 minutes. That's over half a mile ahead! Next, Marcel is preparing to compete in the Amateur National Championships in Indiana. His goal is to qualify for the US National Team and compete in the World Championships later this year in England. Lots of DAM luck in reaching your goals!

June 6	Vineman International	1st 20-24	2nd overall	1:46:01
June 19	Springlake Tinman	1st 20-24	1st overall	1:54:36

The Triathlete of the Month is a feature that will run through September thanks to the donation of RICHARD STROHL, CERTIFIED MASSAGE THERAPIST. Richard is donating a free massage to each month's recipient. Contact him about appointments at 756-5087.

Upcoming Events

Sat. July 17-Trans Tahoe Relay

\$120 entries must be received by June 21. Late entries are \$200! Entry forms available from Mike.

Fri.-Sun. July 23-25: PMS LC Championships @ UC Santa Cruz

Postmark deadline: Sat. July 10. NO DECK ENTRIES!

\$16 for 1-4 events. \$20 for 5-7 events. Reservations at the Santa Cruz Travel Lodge have been made. To reserve a room, contact coach Mike.

August 19-22: USMS Long Course Nationals @ Minneapolis

Entries will be sent in as a team. Turn in entry form and check to Mike by Friday July 9. Dorm rooms available at \$25-\$35 a night. Reservations for rooms need to be made by July 1. Airfare from Sac on Northwest is currently \$364 (good luck). Already about 10 DAM swimmers are preparing to go. Contact coach Mike if interested.

Happy Birthday To:

Ann Motekaitis	7/2
Brandon Friedman	7/2
Wendy Cohen	7/3
Robert Norris	7/4
Cap Thomson	7/4
Barbara Knox	7/4
Jeff Loux	7/4
Kristine Harvey	7/6
Harry Stark	7/6
Julie Janicke	7/8
Kristen McRae	7/8
Frank Sauers	7/9
Eric Gard	7/9
Elizabeth Dugan	7/11
Christopher Morgan	7/11
Jeffrey King	7/12
Pawel Woloszyn	7/12
Sam Fleischer	7/12
Bill Treguboff	7/13
Nyla Crain	7/14
Jane Hinsdale	7/15
Lesa Meng	7/15
Jenny Lundmark	7/16
Charlotte Sharp Lucas	7/16
Chris Csordas	7/17
Wendy Pratt	7/18
Stan Dundon	7/18
Sarah Scarfe	7/19
Barry Parker	7/20
Eduardo Fernandez-Duque	7/21
Nancy Stone	7/21
Jack Gunion	7/21
Lorie Bird	7/22
Betsy Lurie	7/22
Steve Smith	7/23
Ellen Damaschino	7/24
Sue Lowrie	7/24
Lorna Belden	7/25
Gail Eaton	7/26
Kim Knobel	7/26
Doug Nelson	7/27
Robert Parmelee	7/29
John Gerlach	7/29
Bonnie Hays	7/31
Kevin Pearsall	7/31

WANTED:

2 Volunteers

Vehicle support needed for 2 week Bike Tour for the American Lung Association. Portland to Lake Tahoe August 14-29. Mechanic also needed. Find a partner, ride half the time! Gas, Breakfast and Dinner included!!

Call Laurel King 666-5674

Treasurer's Tips
by Barb Paulson

This month I want to remind everyone of the dues increase. As of July the dues are \$30 per month or \$90 per quarter. If you are 65 or over, dues are \$25 per month or \$75 per quarter. For those of you who have reached 80 (two, at present), dues continue to be optional. Dues are still due on the first of the month and incur a late fee of \$5 if not received by the 10th of the month. 'Received' means either in the mail box on the 10th or in the drop box at Civic Center Pool by the last workout on the 10th. The date on the check is not counted, nor is the postmark (unless for some reason the envelope has traveled around the country—and would have gotten here by the tenth had it taken a more direct route.) Keep in mind that mail is not delivered on Sunday or holidays, so if the 10th falls on a Sunday or holiday, it must really be in the mail box by the 9th.

Another reminder-dues and re-enrollment are entirely separate. The dues do not have to be turned in with the re-enrollment forms, although many people chose to do that for their convenience. The dues deadline is the same each month. The re-enrollment forms come out once each quarter near the end of the quarter. Workouts assignments are made in time for the beginning of the quarter which starts on the first Monday of the following month. If the re-enrollment form is late, (coming in after I do the workout assignments and reassign priority numbers), you will need to pay a \$2 late fee and you will lose your priority number for the quarter. If you are new (or not so new) and have any questions about this, please call me so that you know for sure what is due when.

Lake Sonoma
2 mile Open Water Swim
June 19, 1993

Women	Time	Place (Age Group)
Ann Peters	45:39	1st
Chrissie Chichester	46:16	5th
Karen Newsom	46:45	2nd
Chrissie Schultz	48:58	5th
Melissa Beatty	49:00	2nd
Chris Winn	49:04	4th
Susan DeYoung	52:90	14th
Susan Munn	59:34	3rd
Sonya Tafoya	59:58	29th
Diane Davis	1:02:00	7th
Joyce Lenz	1:15:08	40th
Sara Scarfe	1:28:59	26th
Men	Time	Place (Age Group)
Brad Winsor	40:57	1st
Mike Collins	42:08	2nd
Mark Crosby	42:24	3rd
Brian Timmerman	43:55	4th
Andy McPherson	45:38	1st
Rand Schaal	48:13	5th
Todd Greene	48:42	8th
Chris Morgan	48:56	9th
Cliff Diamond	52:40	30th
Dave DeYoung	56:32	19th
Will Davis	1:00:59	29th
Jeff Ruda	1:03:34	14th
Dave Gilmer	1:17:05	17th

DAM SWIM SHOP

We currently have a limited supply of the following items in stock. They are available from Coach Mike or Don at Civic Pool.

Item	Cost
Caps	
Blue w/ White Logo	\$3.00
White w/ Blue Logo	\$3.00
Special	2 for \$5.00
Goggles	
Speedo Sprint	\$6.00
TYR Racetech Antifog	\$8.00
Swim Suits	
Male Nylon w/ logo	\$20.00
Male Lycra w/ logo	\$20.00
Female Nylon w/ logo	\$30.00
Female Lycra w/ logo	\$40.00
DAM Logo Clothing	
Navy Hooded Sweatshirt	\$30.00
Green polo shirt(100%)	\$25.00
Navy polo shirt(50/50)	\$15.00
Navy T-Shirt w/ white	\$10.00
(1-800-DAM-FAST)	

WELCOME TO :

- Mike Dugan
- Kathleen Francis
- Jessica Brenner
- Leigh Gachowski
- Scott Harris
- Karen Pesis
- Jonathan Davison
- Kendra Ishak
- Scott Coonce
- Kim Borah
- Tanya Stein
- Matt Browning
- David Rude
- Scott Carney
- Cary Craig
- Erik Brown
- Carole McNamee
- Amy Treadwell
- Megan Christian
- Elizabeth Buchanan
- Anne Bressler
- Darren Mounts
- Gary Helfeldt
- David Grant
- Kent Yinger
- Steven Vukazich
- Ainslie Mackovjak
- Cathy Bucher

**Lake Berryessa
1 Mile Open Water Swim
June 5, 1993**

Women	Time	Place (Age Group)	Men	Time	Place(Age Group)
Christine Chichester	20:02	1st(25-29)	Michael Collins	18:26	4th (25-29)
Karen Newsom	20:06	2nd (25-29)	Andrew McPherson	19:24	1st (45-49)
Koren Pollock	20:17	2nd (24 & u)	Todd Greene	20:17	4th (24 & u)
Heather Christensen	20:42	3rd (24& u)	Chris Morgan	20:32	5th (24 & u)
Christine Winn	20:47	5th (25-29)	Todd Bailey	21:02	7th (24 & u)
Jenny Lundmark	21:18	6th (25-29)	Dennis Wilson	21:39	7th (40-44)
Beth Skorey	21:56	6th (24 & u)	Jon Tice Jr.	22:00	8th (35-39)
Lynn Lathouwers	21:57	7th (24 & u)	Mark Oslund	22:09	17th (25-29)
Lisa Strampach	22:08	4th (30-34)	E Fernandez-Duque	22:33	20th (25-29)
Eve Sloan	22:11	5th ((30-34)	Samar Nazarian	23:29	11th 24 & u)
Tina Wallis	23:16	8th (24 & u)	Michael Bey	25:35	22nd (25-29)
Julie Langston	23:28	8th (30-34)	Bruce J Zweig	25:43	10th (40-44)
Katrina Ryan	23:36	9th (24& u)	Douglas C. Nelson	26:38	12th (40-44)
Kirsten Gilardi	23:47	12th (25-29)	John Wallace	27:08	9th (45-49)
Christine Hatch	24:22	11th (24 & u)	Paul Brady	28:08	3rd (60-64)
Sonya Tafoya	26:04	13th (30-34)	Rob Mowat	28:10	26th (25-29)
Jennifer Blake	26:13	14th (24 & u)	Scott Sutton	28:29	27th (25-29)
Christine Minohara	27:00	17th (24 & u)	James Borghino	32:09	19th (40-44)
Jamie Baker	27:59	18th (24 & u)	Dave Rude	51:05	3rd (50-54)
Erin Mack	29:36	22nd (25-29)			
Julie Munoz	29:42	20th (24 & u)			
Heather Wright	30:34	21st (24 & u)			
Lyra Halprin	32:41	15th (40-44)			
Linda Joyce Hood	32:44	19th (30-34)			
Lori Maloney	34:27	21st (30-34)			
ally Wood	37:57	6th (45-49)			
Dorothy Chichester	40:09	3rd (65-69)			
Caroline House	42:09	5th (55-59)			

NOTICE

No 5-6 PM lap swim until
further notice. No
lifeguards available.

**Lake Berryessa
2 Mile Open Water Swim
June 5, 1993**

Ann Peters	34:43	2nd (25-29)	Mark Crosby	33:03	6th (25-29)
Penny Brothers	35:56	2nd (35-39)	Greg Johnson	33:18	5th (35-39)
Ellen Moratti	36:04	4th (30-34)	Rand Schaal	35:45	3rd (40-44)
Christine Schultz	36:59	2nd (24 & u)	Ted Deacon	36:11	5th (40-44)
Koren Pollock	37:29	3rd (24 & u)	Steve McCaw	38:15	20th (25-29)
Christine Winn	39:35	10th (25-29)	Chazz Hesselein	38:51	18th (35-39)
Susan DeYoung	41:03	11th (30-34)	David DeYoung	42:37	24th (35-39)
Kristine Olsen	42:10	5th (24 & u)	Steve Miura	42:48	32nd (30-34)
Anietta Tice	43:51	21st (30-34)	Chria Lowrie	42:50	27th (25-29)
Bronwen Wang	43:59	22nd (30-34)	Mike Rushton	44:20	10th (45-49)
Marnelle Gleason	44:14	7th (35-39)	Steve Dana	44:20	30th (35-39)
Kit Owen	44:21	5th (40-44)	Will Davis	44:25	22nd (40-44)
Diane Davis	45:52	6yh (40-44)	Anthony Christo	44:43	11th (45-49)
Susan Munn	46:00	2nd (50-54)	Brian Fisher	45:03	29th (25-29)
Kate Thompson	46:20	10th (24 & u)	Doug Stevens	45:21	31st (35-39)
Pam Ronald	49:11	29th (30-34)	Joel Stone	46:44	37th (30-34)
Bonnie Bunting	51:20	12th (40-44)	Jack Hicks	50:10	9th (50-54)
Elizabeth Lurie	52:55	17th (35-39)	Paul Brady	52:21	3rd (60-64)
Joyce Lenz	57:35	34th (30-34)	Tyrone Arnold	53:36	9th (24 & u)
			David Gilmer	58:23	8th (55-59)

July DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Sprint/Fins Main Set: 10 x (100 + 50)	Middle Distance Main Set: 3 x 300 + 600 Swim 3 x 200 + 400 Pull 3 x 100 + 200 Kick	Intensive Workout 8:30 AM Lap Swim 11-1 5 & 10 K Swim Woodland - 7:30 (tentative)
INDEPENDENCE DAY No Workouts or Lap Swim DAM BBQ Stan & Christine's 626 B* St. 6 PM	Middle Distance	Stroke/IM Option #1: 4 x 100 @ 2:00 RI Option #2 4 x 200 w/ Paddles Long Course Workout #13 @ Woodland 7:15 pm	Distance Main set: 4 x 600/500/400/300 Broken DAM Board Mtg. 7 pm	Stroke/IM Bonus Fin Day Mixed ability lanes Long Course Workout #14 @ Woodland 7:15 pm	Sprint/Fins Main Set: 2 x (4 x 100 Free + 3 x 100 Back) Fins Optional	Intensive Workout 8:30 AM Lap Swim 11-1 July Dues Deadline
Video: Backstroke 8:00 AM Technique Workout 8:30 w/ Fins Lap Swim 11-1	Middle Distance Bonus Fin Day 9 x 200/150/100 Last 50/25 is Fly #3, 6, 9 are FASTI	Stroke/IM Videoanalysis 6 am Long Course Workout #15 @ Woodland 7:15 pm	Distance Videoanalysis 10 am 12 noon 6 pm	Stroke/IM Videoanalysis 7 am Long Course Workout #16 @ Woodland 7:15 pm	Sprint Main Set: 10 x 3:00 Interval All Groups Together Choice of Stroke & Distance	Intensive Workout 8:30 AM Lap Swim 11-1 Trans Tahoe Relays
Technique Workout 8:30 AM Lap Swim 11-1 Donner Lake Triathlon	Middle Distance Swim - 6 x 300 Free 1-3: Descend 4-6: w/ Paddles Videoanalysis 11 am & 7 pm	Stroke/IM 2 x (6/5/4 x 100) 1st set: Free 2nd set: Breast Swim - 8 x 50 Sprint Long Course Workout #17 @ Woodland 7:15 pm	Distance Swim - 6 x 5:00 Subtract :05 each repeat a - 400 e - 350 i - 300 r - 200	Stroke/IM 10/8/6 x 125 Timed 100 Breast Relays Long Course Workout #18 @ Woodland 7:15 pm	Sprint Pacific Masters Swimming LC Championships @ Santa Cruz	Intensive Workout 8:30 AM Lap Swim 11-1
Technique Workout 8:30 Lap Swim 11-1 PMS Long Course Championships - Day 3	Middle Distance Main Set: 3 x 200 + 400 Swim 3 x 150 + 300 Pull 3 x 100 + 200 Kick	Stroke/IM Bonus Fin Day Fly & Back Emphasis Long Course Workout #19 @ Woodland 7:15 pm	Distance 4 x 800/700/500/400 #1: Pull #2: Pull w/ Paddles #3: Swim w/ Paddles #4: Swim PMS Meeting	Stroke/IM Long Course Workout #20 @ Woodland 7:15 pm	Sprint/Fins Main set: 600+400+200+100	Intensive Workout 8:30 AM Lap Swim 11-1 Santa Cruz 1 Mile Swim

Quote of the Month : "Only those who dare to fail greatly can ever achieve greatly."



Marnelle Gleason
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Davis, CA 95616

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**DAM Board
of Directors**

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