

DAVIS
AQUATIC MASTERS

The Record Times

July 1994

Volume V, Number 7

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

Try Video Taping: Learn By Watching Yourself

Video taping and stroke analysis will be offered once during each of the regular workout hours during the month of July. No more excuses like "Oh, Sunday is my only day to sleep in," or "I'll be out of town that week-improving your swimming, put, YOU WILL LEARN YOUR STROKE, IN A

Coach's Column
by Michael Collins

month of July. No more my only day to sleep in," or end". If you are interested in this is the way to do it. Simply MUCH MORE ABOUT MUCH SHORTER PERIOD

OF TIME, IF YOU SEE IT YOURSELF! 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!

Video taping is done from each side, head on, and from behind. This allows you to see differences from the right & left sides, above & below the water stroke patterns & discrepancies, head position, efficiency of the kick, and strokes per length. Each participant receives the video of himself or herself swimming with 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.

Each session is limited to 6 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. If you are interested be sure to sign up on the sheets posted on the board at Civic Center Pool.

10 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. STREEATCH
2. **Stroke Recovery:** Relaxed, & efficient.
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. (good, inefficient)

Fly	8-10	14+	Breast	6-9	15+
Back	16-19	23+	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.

Stroke	Range	Stroke	Range
Fly	50-55	Breast	40-55
Back	40-50	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, & propulsive, not erratic.
10. **Turns:** LEGAL, smooth, efficient, continuation of momentum.

DAM Hours Workouts

Civic Center Pool Monday-Friday

6 AM	noon
7 AM	6 PM
10 AM	7 PM
11 AM	

Woodland High School

Long Course Tues. & Thurs.

7:30-9:00

Saturday

Intensive

8:30-10 AM

Sunday

Technique

8:30-9:30 AM

Lap Swim

Civic Center

Saturday & Sunday

11 AM-2 PM

Video Analysis Opportunities

Date	Hour
Sun 10	8:30 am
Tue 12	6:00 am
Wed 13	10:00 am
Wed 13	12:00 noon
Fri 15	11:00 am
Wed 20	6:00 pm
Thu 21	7:00 am

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

News from the City

This is a new addition to the *Record Times*, designed to keep you informed of aquatic news from the City of Davis.

In May, the City Council approved a proposal to complete a Master Plan for parks and recreation facilities. This Master Plan is big news as it will shape the future of our parks and facilities. The Master Plan will assess needs for all types of parks and recreation facilities including pools, athletic fields, tennis courts, community centers and gymnasiums. We will use a variety of methods to assess these needs, such as community-wide surveys, interviews with community leaders, analysis of existing use-patterns, and projection of future patterns of the facilities.

If you have any questions about the Master Plan or other projects, feel free to call Connie Foppiano, Senior Community Services Supervisor, at 757-5626.

**Davis Aquatic Masters
CONTRIBUTOR MEMBERS**

1993-1994

Gold (donors of \$100)

1. Lucille Barry
2. Rand Schaal
3. Susan Munn
4. Gayle & Barbara Benty and Jim Tanner
5. Mary Ann Williams
6. Karmel Tate (double gold)
7. Paul Brady

Silver (donors of \$50)

1. Sally Wood

Bronze (donors of \$25)

1. Jean Fritzen
2. Xiao Ye
3. Ted Deacon

**PMS LONG COURSE
CHAMPIONSHIPS DETAILS**

by Michael Collins

Dates: (July 29-31).

Entry Deadline: Friday July 11 to Michael Collins. No deck entries allowed, so be sure to enter early to avoid missing the entry deadline.

Place to stay: I have made camping reservations for 16 at Henry Cowell Redwoods State Park in Santa Cruz (just 5 minutes from the pool). If more than 16 want to camp we will need to make another reservation, so let me know soon! I also have names and numbers for the local motels if camping is not your "thang". So far almost 30 people have tentatively committed to going to this meet. Let's set a new team record for attendance at a long course meet! (Let me know if your name was omitted)

Women	Men
1. Holly Reuben	1. Dave Funston
2. Christine Schultz	2. Darren Mounts
3. Erica Woods	3. Brian Nabeta
4. Jamie Baker	4. Ken Hong
5. Jennifer Pais	5. Barry Hulce
6. Jennifer Collins	6. Keith Jeffrey
7. Ainslie	7. Bill Weber
8. Traci & Scott Yerby	8. Todd Bailey
9. Linda Hood	9. Michael Collins
10. Mary Horton	10. Dave Lundmark
11. Roswita Norris	11. Ernie Wells
12. Susan Munn	12. Doug Smith
13. Joyce Haworth	13. Greg Johnson
	14. David Woodruff
	15. Scott Harris
	16. Andrew McPherson
	17. Emory Haworth
	18. Lee Fitzhugh



HAPPY BIRTHDAY!!!

Ann Motekaitis	7/2	Elizabeth Dugan	7/11	Charles Jones	7/20
Brandon Friedman	7/2	Jeffrey King	7/12	Jeanne Robertson	7/20
Wendy Cohen	7/3	Pawel Woloszyn	7/12	Eduardo Fernandez-Duque	7/21
Kelley Dean	7/3	Bill Treguboff	7/13	Nancy Stone	7/21
Julianne Scanlon	7/3	Nyla Crain	7/14	Matthew Grahn	7/21
Robert Norris	7/4	Jane Hinsdale	7/15	Lorie Bird	7/22
Cap Thomson	7/4	Lesia Meng	7/15	Shannon Endicott	7/22
Barbara Knox	7/4	Jenny Lundmark	7/16	Steve Smith	7/23
Chris Hawks	7/4	David Funston	7/16	Lorna Belden	7/25
Benjamin Lischner	7/5	Chris Csordas	7/17	John Beaulieu	7/25
Kristine Harvey	7/6	Wendy Pratt	7/18	Doug Nelson	7/27
Harry Stark	7/6	Stan Dundon	7/18	Robert Parmelee	7/29
Frank Sauers	7/9	Sarah Scarfe	7/19	John Gerlach	7/29
Maria Ryken	7/9	Heather Buchanan	7/19	Bonnie Hays	7/31
Eric Gard	7/9	Barry Parker	7/20		

FINALS
Outstanding Performance
of the Month

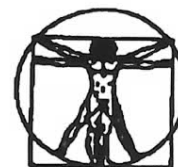


by Michael Collins

Jeff won this award for quite unusual reasons. He didn't win any event or break any national records but rather was the best all-around boat operator at the Berryessa Swim. Jeff went up to the lake on Friday to help Todd Bailey set up the course. Despite windy conditions they got the buoy marks up and were pretty accurate on the distances (within 100 yards on the mile and about dead on in the two mile). They even had enough time to do some water-skiing before dark. After camping out with about 15 other DAM swimmers and volunteers, staying up late and getting very little sleep, Jeff got up at the crack of dawn to place the buoys out on the course and other miscellaneous activities. Next, Jeff helped patrol the course as a safety monitor to keep other boats off the course. Immediately after the last swimmer had finished Jeff began taking DAM swimmers out for some post race water skiing. Load after load of swimmers he took out to feel the wind in their hair as they sped along behind his boat. Finally, at about 6 PM, with the gas in the boat and the beer running low, he called it a day. Thanks Jeff, for helping out, and creating a lot of fun along the way!

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

DAM
TRIATHLETE
OF THE MONTH
Jill Newman



by Michael Collins

There is no debate. Jill Newman is the top female amateur triathlete in the country! She was named the 1993 Outstanding Female Triathlete of the Year by Competitor Magazine for good reason! She has continued to dominate into 94.

In April Jill was 1st overall female amateur at the Wildflower Long Course Race with a time that would have put her 6th in the pro field and \$600 richer. Next, she crushed the women's field at the highly competitive Orange County Performing Arts Triathlon. And most recently she was first amateur at the Vineman International race.

All that studying for the Bar Exam has driven her to athletic excellence. Don't miss her training bio and modeling debut in the June issue of Triathlete Magazine. Jill's upcoming races include Donner Lake of July 17 and the TriFed USA Championships in Maryland August 13th. Keep pounding em Jill!

The Triathlete of the Month column 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.

Swimmers of the Month
Kit Owen and Harry Colvin

by Susie Hansen

The July Swimmers of the Month are Kit Owen and Harry Colvin. Kit and Harry were the Meet Directors for DAM's annual Lake Berryessa Open Water Swim which had over 700 participants this year!

Kit swims at 6AM three days a week. She has been swimming with DAM since she graduated from UC Davis in 1976. Harry swims at 10AM three days a week. He began swimming with DAM two years ago at the urging of his daughter and DAM swimmer, Sally.

Kit has been swimming competitively since she was twelve. She says that she "needs someone barking at her". She particularly enjoys open water swims and last year came in second in her age group at Donner Lake. She also swims the Postal Hour Swim and the Brute Squad. She has competed in triathlons and marathons although she has not competed since her marriage in September 1992.

Harry enjoys swimming but not competition. He says, "sports are to be enjoyed". He does, however, participate in the Postal Hour Swim each year. He freely admits that, horror of horrors, he doesn't do the workout but instead swims 70-80 laps. Presumably Harry had enough of competition during his 41 years as a physiology professor. He retired from UC Davis a few years ago.

Kit swims for her mental health as well as her physical health, "the feel of the water is soothing and reassuring". She particularly enjoys the camaraderie of the team and finds that they are the "special kind of friends that are there for you when the chips are down". Harry likes swimming with DAM not only for his desire for physical activity, but also for the social scene.

Editors Note: Kit was injured in an automobile accident on June 17th. She suffered a broken foot, hand, and severe abrasions over much of her body. Get well cards or notes can be sent to 321 12th St., Davis, CA, or call 756-4722 to cheer her up.



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Berryessa Wrap-up

A total of 703 swimmers participated in this year's edition of the Lake Berryessa One & Two Mile Swim organized by race directors Kit Owen & Harry Colvin. 338 completed the two mile, 310 in the masters one mile, and 55 in the USS mile. And what a great day for a swim! Air temperature was in the 80's by race start and the water was a balmy 74°. The great weather resulted in almost 200 race day entries which slightly delayed the start time.

Top female and male DAM finishers in the mile were Jamie Doan and Coach Michael Collins. In the two mile Ann Motekaitis and Mark Crosby led the DAM brigade. Susan Munn racked up the most team points by winning her age group in both the one & two mile swims. Full results are posted at Civic Center Pool and will be mailed to all participants.

New to this year's event was a post race BBQ organized by Mumalay Brown which was AWESOME! Volunteerism was once again a key factor in the success of the event. Thanks again to everyone who helped out. WE COULDN'T HAVE DONE IT WITHOUT YOU! If you didn't receive your T-shirt or mug for volunteering be sure to ask coach Mike or Don at Civic Center Pool.

Team Results

- | | |
|-----------------|----------------------|
| 1. Davis.....54 | 3. Stanford.....49 |
| 2. USF.....50 | 4. Sacramento.....46 |

Warm Springs 2 Mile Swim

16 DAM swimmers participated in the Warm Springs Two Mile Swim at Lake Sonoma. The name didn't tell the story as the water was a "cool" 69-70°. The numbers were down for this event both from our team and overall as only 275 participated. Hopefully, TAM Masters will be able to talk the marina into knocking back the starting time to a reasonable 9 or 10 AM. 8 AM is just TOO early for how long the drive is for most people.

Name	A.G	Time	Place	Overall
Michael Collins	25-29	44:36	1st	8
Andy McPherson	45-47	46:16	1st	23
Scott Harris	40-44	48:24	3rd	36
Ted Deacon	40-44	48:49	4th	39
Ann Motekaitis	30-34	48:52	6th	41
Jenny Lundmark	25-29	51:10	6th	73
Kim McCord	30-34	52:19	11th	92
Julie Langston	30-34	57:42	16th	137
Sonya Tafoya	30-34	1:00:19	25th	160
Jennifer Collins	25-29	1:00:44	15th	163
Susan Munn	55-59	1:02:16	1st	170
Emory Haworth	55-59	1:03:30	2nd	176
Tracy Yerby	25-29	1:04:03	17th	184
Jeff Ruda	45-49	1:04:26	14th	186
Will Davis	40-44	1:07:13	30th	203
Dave Gilmer	50-54	1:18:20	6th	250

DAM/UCD Swimmers Receive Awards

DAM swimmer John Keppeler recently received the UCD Slater Award for male athlete of the year. The award was shared with football running back Preston Jackson. Keppeler won 8 NCAA Division II National titles in his two years of eligibility at UCD. In addition, Keppeler was part of the National Champion 800 Free Relay both years.

Brad Winsor shared the Lindley Award with football quarterback Khari Jones. The award symbolizes a combination of athletic, academic, and community service. Winsor's career at NCAA's included 1 National Championship title, five 2nd's, and two 3rd's. Winsor was also on the winning 800 Free Relay in 93 & 94.

Editors note: John Keppeler was recently injured in a mountain bike accident. He damaged his shoulder which will prevent him from swimming for some time. We wish him a speedy recovery!

Treasurer's Tips by Barbara Paulson

Last year in July, I wrote about the dues increase from \$25 to \$30 per month for all those under 65. I often write about the same things year after year—even though some of you complain about that. I first felt that this was not an appropriate topic, but do you know how many people are still sending in \$25 per month (that is fine if you are 65 or over), or \$75 per quarter? Last summer quarter just after the change was made, there were probably 20 or more who sent in the wrong amount. But each quarter since then there have been two or three who have sent in the wrong amount, so maybe a word about the not so recent change in dues is not out of order. Maybe it is just wishful thinking on the part of some of our members, but I really don't think that the board will vote for a dues decrease.

One way to keep our dues down is for more of our members to support the programs that we have. The biggest one has just happened. The Berryessa swim, brings in several thousand dollars each year. That requires a lot of volunteers to have a successful swim. There is also the phone fund-raiser, which Laurel King is working on. The grocery store scrip program has consistently been bringing in between \$100 and \$200 per month with less than 10% of our members participating. Think what we could do to keep dues down if more people were helping with these fund-raisers. If you'd like to help, but don't know how, ask the coach, call the treasurer or pick up an information sheet at the pool. Then do something. Every little bit helps.

WELCOME

- | | |
|----------------------|---------------|
| Cathy Hendrixson | Darin Mai |
| Jeanne Robertson | Shin-Min Tsai |
| Tim Lynch | Eric Gard |
| Amy Burch | Bonnie Rush |
| Kristen Jones | Emory Haworth |
| Joyce Haworth | Kristin Olsen |
| Twyla Porter-Angelos | Kathy Lee |
| Nick Kurth | Paul Johnson |
| Erica Woods | Henrik Lemos |
| Thomas Robinson | Erik Vink |

94 Long Course Meets

- July 10 Sparks, NV LC Meet
Postmark deadline: \$1.50 per event by 6/27. \$2.50 late & race day
Deck entries allowed by 8:30 AM only.
- July 29-31 PMS LC Championships @ Santa Cruz
Entry deadline: Turn in to Coach Mike by July 15. NO DECK ENTRIES!
- Aug 25-28 USMS LC Championships @ Buffalo, NY
Entry deadline July 17. NO DECK ENTRIES!

94 Open Water Swims

- July 23 Trans Tahoe Relay
- Aug 6 Santa Cruz Pier Swim
Postmark deadline: \$20 by July 25. \$25 late & race day.
- Aug 13 Donner Lake 2.7 Mile Swim
Postmark deadline: \$20 by August 2. \$25 late & race day.
- Aug 21 Lake Del Valle 2 x 1 Mile Relay - Livermore
- Aug 27 Russian River 2 Mile Swim
- Sept 11 Whiskeytown 1 & 2 Mile Swim

94 DAM Events

- Tu June 28 DAM Long Course Freestyle Ironman Meet - Woodland 7:15 PM
- July 4 Independence Day. DAM BBQ @ Don Wilson's
Limited Workouts: 7 AM, 8 AM, 10 AM, 11AM
- July 17 Donner Lake Triathlon
- Aug 20-21 Great North Triathlons - Stonegate Club, West Davis
- Sept ? DAVIS AQUATIC MASTERS 20th YEAR ANNIVERSARY PARTY
If you would like to help organize this event contact:
Gary Miller at 753-3736
- October
2 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)
- Nov
5-6 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)
- Dec 11 DAM Holiday Party

DAM Fourth of July BBQ

It is time once again for the annual Fourth of July DAM BBQ. Come out and eat and watch the Davis fireworks display. Thanks to Don Wilson for hosting the party. His home is located at 639 Oak Street, and it begins at 6:00 PM. DAM will furnish drinks (soft drinks and beer). Please bring your own dinnerware, including: plates, silverware, and glasses. In addition, everyone bring something to put on the grill along with either a salad, dessert, bread or munchies depending on the first letter of your last name.

- A through G -----> Salads
H through K -----> Breads
L through N -----> Munchies, Snacks
O through Z -----> Desserts

Upcoming Events

New!
Don't Borrow Don's
Get Your Own
DAM
Baseball Caps
now available
\$10

July DAM 1994

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Stroke/IM 7 x 4:15 Interval a = 200 Fr + 100 Bk e = 175 Fr + 100 Bk i = 150 Fr + 75 Bk r = 100 Fr + 50 Bk 1	2
"Backstroke" Technique 8:30 AM Lap Swim 11-2 3	Fourth of July INDEPENDENCE DAY Holiday Workouts DAM BBQ Don Wilson's 4	Sprint/Fins 2 x (4 x 100 Free 3 x 100 Non-Fr) Woodland LC: 7:15 5	Middle Distance DAM Board Meeting @ 7 PM 6	Stroke/IM Woodland LC: 7:15 7	Distance Swim/Pull 4 x 600/500/400 #1: 1 x 600 #2: 2 x 300 #3: 6 x 100 #4: 1 x 600 8	Intensive 8:30 AM Lap Swim 11-2 9
Freestyle Videotaping Intensive Workout 8:30 AM Lap Swim 11-1 10	Stroke/IM Timed 100 Fly 11	Middle Distance Bonus Fin Day 6 AM Videotaping Long Course 12	Stroke/IM Videoanalysis 10 am 12 noon 7 pm 13	Stroke/IM Long Course Workout @ Woodland 7:15 pm 14	Distance Swim/Pull: 400+600+800 +600+400 Video Taping 11 am 15	Intensive 8:30 AM Lap Swim 11-2 16
Technique: 8:30 AM Lap Swim: 11-2 Donner Lake Triathlon 17	Stroke/IM Timed 100 Breast 18	Sprint/Fins 150's mania Woodland LC @ 7:15 PM 19	Middle Distance 6 x 300/250/200 #1-3: Swim #4-6: w/ paddles Video Taping: 6 PM 20	Stroke/IM Broken 100's No Long Course! Video Taping: 7 AM 21	Distance 6 x Free Repeats @ Descending Interval 5:00, 4:55, 4:50 4:45, 4:40, 4:35 22	Intensive: 8:30 AM Lap Swim: 11-2 Tahoe Relay Swim 23
Technique 8:30 AM Lap Swim 11-2 24	Stroke/IM "Freestyle Improvement" Timed 100 Free 25	Sprint/Fins Woodland LC @ 7:15 26	Middle Distance K -(3 x 100) + 200 P -(3 x 150) + 300 S -(3 x 200) + 400 PMS Meeting 27	Stroke/IM Bonus Fin Day No Long Course Workout 28	Distance Day #1 PMS LC Championships @ Santa Cruz 29	Intensive: 8:30 AM Lap Swim: 11-2 Day #2 PMS LC Championships @ Santa Cruz 30
Technique: 8:30 AM Lap Swim: 11-2 Day #3 of PMS LC Championships at Santa Cruz 31						

Quote of the Month: "The most pathetic person in the world is someone who has sight, but has no vision." –Helen Keller



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