



The Record Times

Monthly Newsletter for the Members of Davis Aquatic Masters

June 2001

New DAM Coach!

DAM welcomes Rick Powers

It is with great pleasure that the board announces the hiring of **Rick Powers** as DAM's next head coach.

Rick Powers has 35 years of swim coaching experience with age group teams in Illinois and Alaska and national teams in Brazil, Ecuador, Venezuela, Israel, Malaysia, Kuwait, and Greece. He has coached swimmers of all abilities. Rick has conducted many clinics for masters swimmers and has published articles in *Swimming Technique* and *Swimmers Magazine*. He has spent the past year presenting swim clinics to masters swimmers in such far-off locations as South Africa and Brazil. Rick attended Southern Illinois University and Eastern Illinois University.

The Final Decision

This was a very tough decision for the board. The final four candidates were all well-qualified and each presented a unique vision of DAM. In the end, the board made their final decision based on Rick's

depth of experience as a head coach, knowledge of stroke mechanics, physiology, bio-mechanics and the belief that he will have something to offer each and every member of DAM. His affable manner and background impressed the board during the formal and informal aspects of the interview process.

Rick has led large teams in the past and understands the importance of a happy membership. He has worked with all skill levels and realizes that some people like to be pushed while others would rather be left alone. He possesses strong leadership skills and is familiar with the administrative aspects of coaching as well. In addition, he has trained many assistant coaches. He expressed a great enthusiasm for DAM and the community of Davis.

Board DAM Grateful

The board is extremely grateful to the search committee for their hard

continued on page 2

Stroke Clinics Coming Soon to a Pool Near You!



New Head coach, Rick Powers is going to be holding stroke clinics on consecutive Sundays in July. Please see Coach's Column on page 2 for details on times and dates.

Hey, what's that?

Is it a bird?

Is it a plane?

No!

It's a new DAM Coach!



What's Inside

- | | | | |
|---|----------------------------------|---|---------------------------------------|
| 2 | Workout Schedule, Coach's Column | 5 | Minding your DAM Manners, DAM History |
| 3 | Treasurer's Tips, New Members | 6 | Contact information |
| 4 | Swimmer of the Month, News | | |

MONDAY-FRIDAY

Civic Center Pool
Russell & B Street

6:00am-7:00am
10:00am-11:am
11:00am-noon
noon-1:00pm
1:00pm-2:00pm
7:00pm-8:00pm

Community Pool
14th & B Street
6:30pm-7:30pm

Emerson Jr. High School
Arlington Blvd.. & Calaveras
Monday-Friday
5:45am-7:00am
(Intensive Workout)

SATURDAY

Civic Center Pool
7:30am-8:30am
8:30am-10:00am
(Intensive Workout)
10:00am-1:00pm
(Lap Swim)

SUNDAY

Civic Center Pool
10:00am-1:00pm
(Lap Swim)

DUES

INFORMATION

\$35 per month, due on the 7th
(\$5 late fee added after the 7th)

Make checks payable to DAM and
leave in slot at the pool or mail to the
address on the front.

\$30 for senior swimmers 65 or older.
Quarterly enrollment is mandatory (\$2
fee if re-enrollment is late). Leave of
absence fee is \$2 per month (reserves
priority number).

Coach's Column Rick Powers, Head Coach

Hey all you DAM swimmers, greetings from your new head coach, Rick Powers.

I just finished up 14 months traveling around the world and am very excited to be in Davis now. I first saw the ad about the job while I was in Zimbabwe several months ago. It was too good to be true. After giving clinics for Masters teams in several countries over the last couple of years, I knew this one was for me. What did I find different about the Masters swimmers? People came to practice because they chose to do so; many of the swimmers actually thanked me for a good workout on completion of the session; I didn't once have to listen to rap music; no interference from parents!

I am looking forward to spending many years coaching in Davis. You will receive lots of variety in your workouts and many of the sets will be challenging. It will take me a few weeks to get to know you as swimmers. Feel free to contact me with

questions about the program but preferably not while I am coaching on deck.

I will be constantly helping you with your technique. In fact, twice a year I will offer stroke clinics on Sundays for those of you interested in improving your efficiency in the water. I plan to begin the clinics in July for 4 successive Sundays. There will be 2 one hour and 15 minute sessions in the afternoon limited to the first 50 people to sign up for each session. The time will be determined soon and sign up sheets posted at the pool.

July 8 free; July 15 back; July 22 fly; July 29 breast.

I can teach fly to anybody. Give the clinics a shot. They will be repeated in Oct- Nov.

Looking forward to meeting you all soon.

Rick Powers

New Head Coach, con't.

work and dedication to the process of finding our new head coach. They sacrificed many nights and weekends to sort through the 21 applications and their personal lives were affected as a result. Their dedication is truly appreciated.

In addition, we thank all of the DAM members that provided their input and enthusiastically lined up at Civic Pool on Saturday mornings to "test out" the coaching candidates.

Finally, we thank all DAM members for your patience as we moved through the process. Yes, it's been a

long few months, but I hope you share the board's excitement as DAM begins a new chapter in its history.

Please join us in supporting Rick when he arrives on June 4 to assume the position of head coach.

(And please members, be on your best swimming behavior; we don't want to scare him off the first week!)

Treasurer's Tips

Barb Paulson, Treasurer

Going On Leave?

As summer approaches, many schedules change. If yours changes, don't forget about your DAM membership. If you are going to be gone for more than a few weeks, you may want to go on leave for \$2 per month of leave. This will ensure that you retain your priority number and continue to receive the newsletter. The leave fee should be paid before you go on leave.

If you will be in Davis for a few days and want to swim, call or e-mail me about the 'red card' option—pay per swim workout.

You may not pay for a partial month and be on leave for the rest of the month. But if you are going to be gone for complete month(s), e.g. from June 15 to September 15, you may pay the full dues for June and be on leave for July, August and September.

If you do not pay the leave fee and drop out, you will need to fill out the

new member form and pay the \$5 initiation fee when you rejoin.

Re-enrollment Time

June is re-enrollment month again. We will be reenrolling from June 11th to the 22nd for the Summer quarter which is July, August and September. Be sure to respond to the e-mail

which will be sent out sometime before

As summer approaches, many schedules change. If yours changes, don't forget about your DAM membership.

the 11th or pick up a re-enrollment form at the pool and turn it in by the deadline. Remember the dues increase as of July 1st. The dues will be \$40 per month for regular members; \$35 for those over 65—dues for those over 80 continue to be optional. If you pay dues quarterly, you will owe \$120 for the summer quarter if you are under 65 (those over 65 will be paying \$105).

NEW MEMBERS

Kimberly Hills

Katie Harms

Mark Roettgering

Katherine Chaney

Jochen Michel

Lisa Henry

Jeff Smith

Donna Billick



Integrity, Service & Results Personified

Featured Properties

Very well maintained 2 bed, 2 bath townhouse on the golf course in El Macero. Offered at \$335,000.

Coming soon, new listing in Mace Ranch: 3 bed 2 bath home located in a cul-de-sac.

Edwin Y. Maeda, REALTOR
Coldwell Banker/DARE
505 Second St.
Davis, CA. 95616
(530)750-7539
email: maeda@maeda.com
www.edmaeda.com



Looking for some summer reading?

Best Swimming Books

Total Immersion, Terry Laughlin
Fitness Swimming, Emmett Hines
Triathlon 101
Swim For Life, Barbara Callison

Best Nutrition Books

Power Foods, Liz Applegate
Eat Your Way to a Healthy Heart, Liz Applegate
Sports Nutrition Guide, Nancy Clark
Eating on the Run, Evelyn Tribole

BIRTHDAYS

Martha Towers	6/1
Ellen Watkins	6/2
Carol Humphrey	6/2
Lyra Halprin	6/3
Gerald O'Hara	6/4
On Braly	6/4
Ted Nakhei	6/5
Liz Applegate	6/6
Alex Ardans	6/6
Matthew Smith	6/6
Anietta Tice	6/7
Diane Perea-Strong	6/7
Caroline Gunning-Tran	6/8
Michele Stone	6/9
Bruce Braly	6/11
Aaron Setran	6/13
Charlie Plopper	6/16
Alicia Greenamyier	6/16
Jeanne Williams	6/16
Kevin Cullison	6/17
Michael Flaherty	6/18
Stuart Kahn	6/18
Verne Scott	6/19
Glenn Rank	6/19
Michelle Samonek-Potter	6/19
Patricia Lax	6/20
Tom McNamara	6/20
Corrinne Bressler	6/21
Gerald Bowes	6/22
Jack Horton	6/22
Julie Saturnio	6/22
Will Davis	6/23
Bori Mazzag	6/23
George Pavana	6/28
Audrey Nelson	6/29
Brandon Kavrell	6/29
Marissa Wong	6/30
Brandon Forest	7/2
Robert Norris	7/4
Cap Thomson	7/4
Barbara Knox	7/4
Jacquiline Yoakum	7/4
Kristine Harvey	7/6
Jennifer Gile	7/6
Sharon Blaha	7/7
Pamela Lord	7/7
Philbert Huang	7/7
Frank Sauers	7/9
Don Yee	7/9

DAM Swimmers of the Month

This month the DAM Board honors all of the members of the Head Coach Search Committee. Seven team members devoted a lot of personal time during this past Spring developing criteria for the screening process, reviewing applications, calling references, interviewing candidates, nominating the final four candidates, and escorting them to/from the airport and around town. The Board honors the following seven swimmers for their personal sacrifices and dedication to this fine effort:

Scott Harris
Koren Motekaitis
Karen Galbreath
Lorna Beldon
Susan Munn
Paul Landes
Jenny Lundmark

In appreciation for their efforts, the team is awarding each Search Committee member a bottle of fine wine! Thank you!

The News

New DAM Directory

The new May 2001 email and phone rosters will be available at the pool for those who don't have email or who find a paper copy more convenient.

Board Meeting

The next board meeting will be at Terry Davison's house, 2210 Shenandoah Place at 7 p.m., June 20. As always, DAM members are welcome to attend.

Long Course Workouts

Long Course begins June 5 on Tuesday and Thursday from 7:30-9:00pm in Woodland.

Workout Changes

Beginning June 18, 6:00pm Community workout moves to 6:00pm at Civic, 8:00am Civic workout is cancelled, and there is no more 7-8:30pm Monday, Tuesday, Thursday workout - it has been changed to 7:00-8:00pm daily.

Newsletter, Anyone?

DAM is looking for a second Layout/Design editor for The Record Times. If you are interested in helping out, please contact Anietta Tice or Rick Powers.

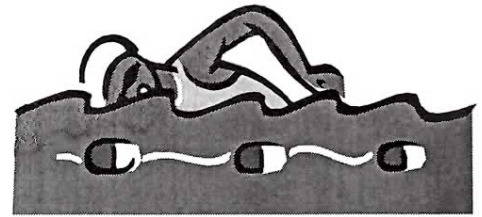
Berryessa Results

Another Lake Berryessa Swim has come and gone successfully! Please see the DAM website for a link to this years race results.

Please feel free to send in comments or suggestions: Anietta Tice, anietta@aol.com or Jennifer Blake, jennyb30@earthlink.net

Mind Your DAM Manners

Excerpt from the DAM handbook



Davis Aquatic Masters is one of the largest clubs of its kind in the United States. Some of our workouts are filled to our maximum pool capacity (i.e., they are crowded), a few rules must be enforced to insure that everyone is treated equitably and all swimmers can receive a satisfactory and fulfilling workout in a safe and harmonious atmosphere.

Priority System

The priority system for lane assignments has already been discussed. To facilitate the lane assignments, swimmers should know their priority number and assigned workout. Each quarter a list containing each swimmer's priority number and assigned workout is posted at the

Civic Center pool. Since lanes are shared only by swimmers of comparable abilities, and a maximum of four or five swimmers per lane is permitted, it is possible some lanes will have less than four swimmers yet other swimmers are turned away. While this situation is undesirable, occasionally it is unavoidable.

Your best protection against being turned away is to be at the pool on time and be prepared to get in when

the coach directs you to do so. As a courtesy to your fellow swimmers, please get into the pool as soon as you are assigned a lane. This will help the coach know which lanes are full and which have room available for other swimmers. Likewise, it is helpful to the coach in assigning the next session if swimmers leave the pool promptly when their workout is finished.

Unless the coach directs otherwise, always swim counterclockwise in your lane, staying to the right of the line on the bottom of the pool. For any given set, swimmers should

Faster swimmers have the right of way; slower swimmers need to pull off to the side and allow the faster swimmer to pass.

always start five to ten seconds after the preceding swimmer; this minimizes using the swimmer in front as a draft, considered by many swimmers to be impolite. When finishing a repeat, swimmers should touch the wall and immediately move out of the way to allow his or her lane mates to finish at the wall, too.

One reality of swimming is that it is impossible to match all swimmers in each lane with others of the exact

same ability. While this is not a problem for short distances, it can be a problem for long-distance swims (e.g., 500 yards and above.) In these circumstances, faster swimmers may lap slower swimmers. Faster swimmers have the right of way; slower swimmers need to pull off to the side and allow the faster swimmer to pass unimpeded. Typically, at the end of a length, pull over to the right and allow the faster swimmer to pass. If necessary, slower swimmers in a lane may shorten distance by 50 yards to maintain the integrity of the set (e.g., drop from 500 yards to 450.) Being considerate of others is simply good etiquette, but also fosters minimal confusion in a lane.

Our primary goal is to make the workouts as pleasant as possible for all swimmers. Therefore, we would greatly appreciate your efforts to follow these rules as closely as possible.



A Little DAM History

1973

Davis Aquatic Masters was started in 1973 when Jerry Hinsdale, coach of the University of California, Davis (UCD) swimming and water polo and of the Davis Aquadarts, advertised a new adult swimming program. This program consisted of one workout per day, held on the UCD campus at Hickey Pool.

1977

DAM held its first major meet, which was also the first championship meet of the Pacific Association of Masters Swimming (later reorganized as Pacific Masters Swimming after the 1981 creation of United States Masters Swimming.)

1980

The inaugural DAM "seniors" workout was instituted, which is still run weekdays at 10:00 a.m.



PO Box 921
Davis, CA
95617
(530) 757-5WIM
www.damfast.org

Board of Directors

Ernie Hoftyzer	eahoftyzer@ucdavis.edu
Terry Davison	tldavison@ucdavis.edu
Susan Hall	susanhl1@mother.com
Ellen Morrati	swimrace@cal.net
Paul Kelly	pkelly@OSPR.DFG.CA.GOV
Alan Rowland	swimglide@aol.com
Joe Otto	davisfoodsintl@cs.com

Coaching Staff

Head Coach

Rick Powers rpswimmer@hotmail.com

Assistant Coaches

Kelly Vial
Christy Spaulding cmspaulding@ucdavis.edu
Bryan Pro
Tanja Gromala
Rick Henderson

Treasurer

Barbara Paulson swimbp@dcn.davis.ca.us

Newsletter Production

Editor

Anietta Tice anietta@aol.com

Layout and Design

Jennifer Blake jennyb30@earthlink.net