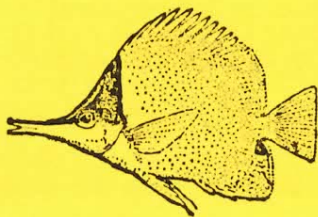


## UCD Women Win Water Polo National Championship!

The UCD Women's Water Polo Team won the National Championship Tournament which was held at UCD's Hickey Pool May 14-16, 1993. In order to get to the championship game, they defeated Cal Poly SLO 11-1, University of Maryland 14-2, San Diego State 9-4, and UC San Diego 8-6. In the championship game they played Slippery Rock University of Pennsylvania. The Aggies won the game by a score of 8-3.

Kristie Dickey was named the tournament MVP, and Janelle Odom shared the honor of Player of the Year with Slippery Rock's Carrie Basque. Kristie Dickey and Janelle Odom were named first team All-Americans, while Katherine Florio and Jaimi Doan earned second team All-American honors.

Other players who swim with DAM are Jenny Lundmar and Lynne Lathouwers, so extend your congrats to them when you see them.



## DAM Great In Santa Clara!

**Coach's Column**  
**by Michael Collins**

May 20-23rd Santa Clara hosted the most competitive Masters meet in history! What a meet! Over 2,000 participants from around the country converged on the historic Santa Clara Swim Center, former swimming hole of Mark Spitz, Donna d' Varrona, Don Scholander, and countless other swimming greats. DAM swimmers were in the thick of the competition individually, and with over 40 members participating, was a strong team force in the meet. DAM placed 4th in the Women's Large Team Division, 5th in the Men's Small Team Division, and 6th in the Combined Small Team Division. Five USMS National Championship medals were awarded to the following DAM swimmers. Anna Scott, competing in the 30-34 age group, took home gold in the 50 & 100 Free. Greg Davis, took home the 100 IM 1st place in the 19-24 age group with a 53.26. And Andy McPherson dominated the field in the 200 Free to win in 1:50.19 at 46 years old. McPherson also took the 100 Fly with a Melvin Stewart look-a-like last turn and 25 to win by inches. McPherson took second in both the 50 and 100 Free by mere fractions of a second. Yup, the competition was tough, but everyone had loads of fun just hangin' out in the team area, telling jokes, posing for silly camera shots, swimming on chaotic relays, and of course going out to eat and drink - the REAL reasons for going to meets!

With so many swimmers participating, I had my hands full taking splits, giving pre-race pep talks and post race reviews, in addition to competing myself. Former UCD swimmer, Todd Greene, was a HUGE help in taking splits and keeping track of our DAM chlorine heads. Thanks to everyone who attended, swam their butts off, helped out, and had fun. Let's do it again soon!

### Future Nationals Notes

USMS Long Course Nationals will be held at the University of Minnesota in Minneapolis - August 19-22, 1993. The pool is beautiful! Dorm rooms 150 yards from the pool will be available at \$25-\$35 a night. Reservations for rooms need to be made by July 1. Airfare from Sac on Northwest is currently \$364. Already about 10 DAM swimmers are preparing to go. Contact Coach Mike if interested.

USMS Short Course Nationals next year will be held at Arizona State University in Tempe (Phoenix) - May 13-16, 1994. Andy McPherson (former Phoenician) will be making the reservations. Contact him at 753-0307.

# Outstanding Performance of the Month

## THE FINALS



### Edwardo Fernandez-Duque

Eduardo came in and shredded his Freestyle events. He took a second off his best 50 with a 24.71, and over a second off his meet best in the 100 with a 55.27. I guess staying up all night with his baby has made him tougher and more aggressive in the water.

#### Honorable Mentions

I really feel the following swimmers deserve special recognition too. If you know any of these swimmers be sure to congratulate them on their outstanding performances:

Melissa Beaty	
200 Back	2:26.91
Gayle Bon Durant	
50 Free	:30.45
Betty Dugan	
500 Free	7:35.56
Lisa Strampach	
1650 Free	20:59.75
Chrissie Chichester	
1650 Free	19:01.47
Jon Tice	
100 Back	1:00.59
Greg Johnson	
200 Back	2:07.82

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

by Michael Collins

Out of 40 swimmers at the Nationals, it is practically impossible to select just one person as swimmer the month. Lifetime Bests were being achieved left and right, literally, as women swam at one end of the pool and men at the other. By the final day I became number dyslexic from writing so many splits. Upon reviewing the results later, I came across several people with amazing accomplishments. However, Eduardo stood out in my mind as especially impressive. With his wife, Claudia, her friend, and their new baby in tow,

## June Swimmer of the Month



**California**

*Fresh food, California style*

Stan and Christine  
Cipperly

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

Swimmers of the Month, Stan Dundon and Christine Cipperly, graciously hosted the recent Cinco de Mayo barbeque. About sixty swimmers enjoyed the festivities in their beautiful yard. (See SWIM OLE' page ? )

Stan has been an avid swimmer since college. He lifeguarded while attending Columbia University and competed in triathlons until 1989. In 1990, he joined DAM. About two years ago, Stan contracted an illness that left him temporarily paralyzed. A dedicated swimmer, Stan used workouts as a form of physical therapy. When he first came back to the pool after the paralysis, Stan could not swim twenty-five yards. In January, Mike encouraged Stan to do the hour swim and he placed in the top forty in his age group nationally! Stan attributes his recovery to swimming (especially fin workouts), and the support and encouragement from the coaches and the other swimmers. "This is a great club with a great spirit," says Stan.

Christine joined DAM when Stan started swimming for physical therapy. She quickly improved her own swimming technique and is now "addicted". She and Stan swim every morning at 6am and at 8:30 on Saturday. Christine is currently the AIDS coordinator for the Yolo County Health Department. Stan and Christine are the parents of nine children.

DAM thanks Stan and Christine for opening their home to the club on Cinco de Mayo, and encourages them to stay involved with the club.

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



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

## DAM Welcomes:

Chris Reddam  
 Tobin Jeffery Richard  
 Kate Thompson  
 Heather Wright  
 Niels Leuthold  
 Brian Kissell  
 Kim Knobel  
 Sarah Bourne  
 Rynda Miller  
 Lori Haapanen  
 Ross Fitzgerald  
 Zenia Asfour  
 Timothy Sharpe  
 Jennifer Clark  
 John Constantine  
 Tracy Burrows  
 Kathryn Hemness  
 Jennifer Arnold  
 Bruce Zweig  
 Jamie Baker  
 Jennifer Douglass  
 Cammie Butterfield  
 Ron Pritchard  
 Karsten Self  
 Laura Hufty  
 Anita Brazinsky  
 John Haughey  
 Tom Martens  
 Jeff Loux  
 Jean Lamming

## \$\$Treasurer's Tips\$\$

Summer is coming, and with that comes vacation time: vacation from school, from work, from Davis. If you plan to swim when you return, you should consider going on leave. To request a leave, write me a note indicating which months (you cannot take a partial month's leave) you will be gone. Include a check for \$2.00 per month of leave. This will save you the \$5.00 initiation fee charged to all new members. (New members include those who have dropped out for any period of time as well as those who have never been members before.) It will also preserve your priority number so that you have a better chance of swimming at your preferred time when you return.

The newsletter will be mailed to the address that I have for you. Please let me know your summer address so that you will receive the newsletter. Be sure to update your address when you come back in the fall- right on the re-enrollment form. If you will start swimming in October, try to pick up a re-enrollment form in the middle of September and turn it in by September 24th to re-enroll. If you won't be here yet, just drop me a note to PO. Box 921 letting me know the time you want to swim. If you do not get a re-enrollment form turned in on time, you will be unassigned if you were on leave for the month of September. If you have any questions about the leave policy, call me a 756-4234.

## SWIM-OLE!

DAM's Cinco de Mayo Intrasquad Meet at Community Pool was a picante treat-with HOT times and SPICY races. Almost 100 DAM members competed in one or more of informal 100 yd-events of each stroke plus a 100 or 200 IM. (4 to 9 heats per event!) Some swimmers celebrated lifetime-best times in their favorite events, and others raced in a particular stroke for the first time. The finale was a rowdy and raucous SIX-PACK RELAY, in which each of six teammates chugs frothy beer from a plastic mug at the midpoint of a 50-yd swim. GULP!

Stan and Christine Cipperly hosted a PRIMO POTLUCK BBQ after the meet at their "B" Street home. At least 60 swimmers toasted, cheered, and feasted in the lovely gardens. *Muchas Gracias por la fiesta!!*

## JUNE WORKOUT SCHEDULE

**MONDAY: STROKE/IM**  
**TUESDAY: DISTANCE**  
**WEDNESDAY: STROKE/IM**  
**THURSDAY: SPRINT/FINS**  
**FRIDAY: MID DISTANCE**  
**SATURDAY: INTENSIVE**  
**SUNDAY: TECHNIQUE**

Don't Forget!  
 Last day for  
 8 a.m. and 1 p.m.  
 workouts is  
 Friday June 18.

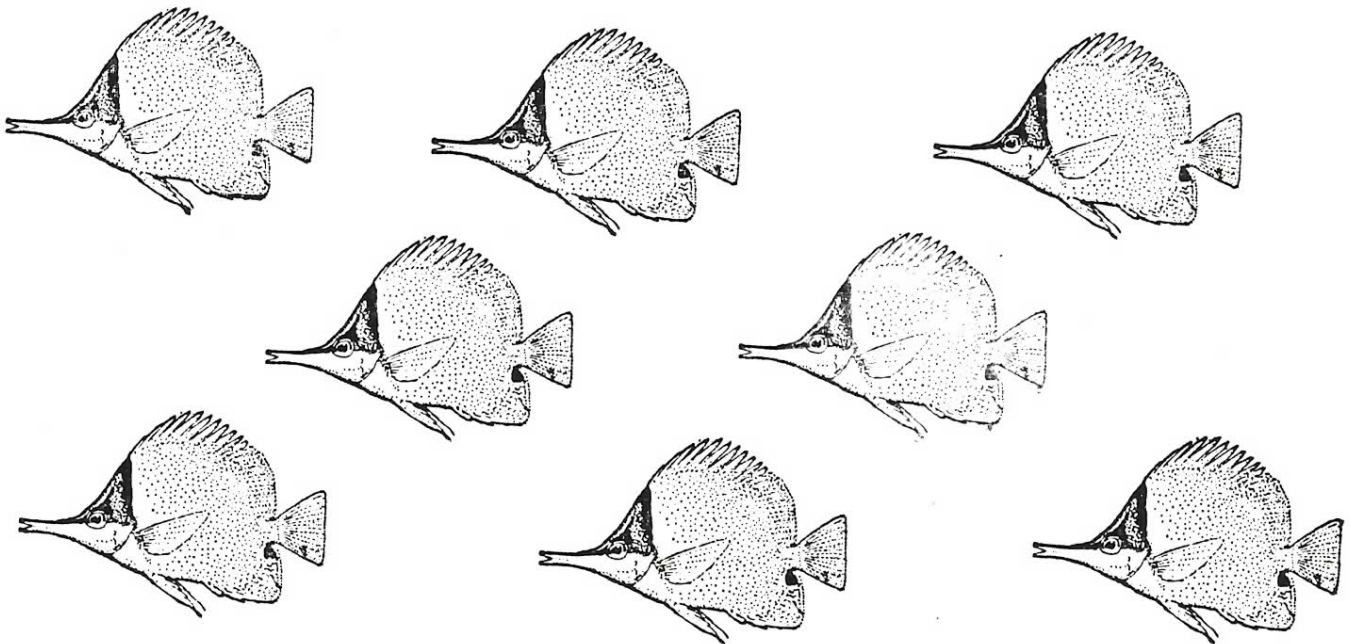
# USMS Short Course National Championships

## May 20-23

### Santa Clara, CA

#### MEN

Name	Age Group	Event	Time			Event	Time
Todd Baily	19-24	50 Free	25.10	Doug Smith	30-34	50 Free	22.25
		200 IM	2:18.60			50 Fly	24.73
		50 Fly	26.87			100 IM	56.56
Clark Bird	19-24	100 Free	53.70	Greg Johnson	35-39	100 Free	49.47
		200 IM	2:06.51			50 Back	27.56
		100 IM	58.62			50 Breast	29.33
		100 Free	50.05			500 Free	5:13.51
Greg Davis	19-24	400 IM	4:34.99	John Tice	35-39	200 Back	2:07.82
		200 Free	1:50.39			1650 Free	18:05.34
		50 Fly	23.63			200 Free	2:00.87
		100 IM	53.38			100 Breast	1:08.36
Chris Morgan	19-24	100 Fly	52.43	Jim Frampton	45-49	100 Back	1:00.59
		50 Fly	23.93			200 Back	2:16.06
		100 Free	48.81			200 Breast	2:34.34
Ken Petruzzelli	19-24	100 Fly	52.99	Andy McPherson	45-49	200 Back	2:53.95
		500 Free	5:10.05			200 Breast	2:53.56
Scott Shea	19-24	200 Free	2:25.68	Robert Norris	50-54	200 Free	2:25.68
		100 Back	58.88			500 Free	5:17.47
		200 IM	2:04.22			50 Free	22.64
		400 IM	4:29.49			100 Free	50.25
Brian Timmerman	19-24	200 Free	1:53.00	Steve Carlson	70-74	100 Fly	54.90
		100 Fly	57.14			200 Free	1:50.16
		200 IM	2:02.13			200 Fly	2:06.21
		400 IM	4:16.61			100 Back	1:10.94
Matt Zinkle	19-24	200 Free	1:48.48			200 Back	2:33.50
		100 Fly	54.15			400 IM	5:54.29
		200 IM	2:07.95			50 Back	33.01
Mike Collins	25-29	100 IM	57.65			1650 Free	22:36.84
		100 Free	50.78			500 Free	7:24.18
		500 Free	4:54.94			50 Free	32.73
		400 Im	4:26.95			100 Free	1:12.61
		200 Breast	2:21.53			1000 Free	15:19.04
Edwardo Fernandez-Duque	25-29	1650 Free	16:59.30			200 Free	2:44.21
		200 Free	1:50.52				
		50 Free	24.71				
Francois Larrivee	30-34	100 Breast	1:11.44				
		100 Free	55.27				
		100 IM	1:08.12				
		200 Breast	2:37.12				



# Happy Birthday!

## USMS National Short Course Championships Santa Clara International Swim Center May 20-23

Dane Chalmers	6/1
Ellen Watkins	6/2
Carolyn McMullen	6/2
Lyra Halprin	6/3
Julie Munoz	6/3
Shannon Boswell	6/3
Gerald O'Hara	6/4
On Braly	6/4
Christine Hunter	6/4
Michele Pontrelli	6/5
Liz Applegate	6/6
Alex Ardans	6/6
Dorothy Chichester	6/6
Ann Peters	6/6
Anietta Tice	6/7
Chrissie Chichester	6/8
Katy Lacy	6/8
Jill Newman	6/8
Bruce Braly	6/11
Chris Westergaard	6/12
Debra Cleveland	6/12
Koren Pollock	6/12
Chris Reddam	6/13
Charlie Plopper	6/16
Alicia Greenamyier	6/16
Lassie Hammock	6/18
Michael Flaherty	6/18
Henrik Lemos	6/18
Verne Scott	6/19
Glenn Rank	6/19
Patricia Lax	6/20
Tom McNamara	6/20
Corrinne Bressler	6/21
Jennie Horton	6/21
Gerald Bowes	6/22
Jack Horton	6/22
Mary Perlange	6/22
Alison Dimond	6/22
Will Davis	6/23
Bill Collins	6/23
Marcel Vifian	6/23
Mumulay Brown	6/24
Thomas Burton	6/26
Lori Haapanen	6/26
Janet Fawl	6/29

Jennifer Blake	19-24	1650 Free	24:37.55	200 Back	2:46.05		
		200 Free	2:31.25	500 Free	6:10.94		
		200 Back	2:59.22	100 Back	1:20.15		
		200 Fly	3:36.44	200 Fly	2:44.18		
Kelly Buchanan	19-24	100 Breast	1:18.65	Anietta Tice	30-34	100 IM	1:15.01
		200 Fly	2:31.54			100 Free	1:05.74
Heather Christensen	19-24	100 Fly	1:05.46			200 IM	2:43.16
		400 IM	5:18.08	Melissa Beaty	35-39	50 Back	32.09
		200 Back	2:38.3			400 IM	5:14.26
		200 IM	2:30.16			200 Back	2:26.91
		200 Fly	2:21.97			100 Back	1:08.79
Christine Hatch	19-24	200 Breast	2:58.57			200 IM	2:29.88
		100 Free	1:01.34	Mailyn Ruts	35-39	200 Fly	2:33.83
		200 IM	2:53.29			50 Free	34.36
Julie Munoz	19-24	1650 Free	26:32.08	Missy Le Strange	40-44	100 Free	1:00.32
		200 Free	2:56.31			200 Back	3:02.29
		50 Breast	44.02			100 IM	1:11.48
		500 Free	7:39.90			500 Free	6:17.14
Chrissy Schultz	19-24	200 free	2:03.56			200 Free	2:17.01
		100 Fly	1:03.72			100 Fly	1:11.09
		400 IM	4:51.73	Gayle Bon Durant	45-49	400 IM	5:31.91
		200 Back	2:26.43			50 Breast	40.60
		200 Breast	2:35.5			50 Back	41.32
		200 IM	2:20.81			100 IM	1:22.61
Beth Skorey	19-24	200 Breast	2:50.73			50 Fly	34.47
		100 Back	1:10.4			100 Back	1:28.22
		100 Breast	1:20.83			50 Free	30.45
Tina Wallis	19-24	1650 Free	22:25.10	Betty Dugan	50-54	200 Free	2:48.96
		200 Fly	2:51.6			50 Back	44.52
		100 Breast	1:23.2			100 IM	1:32.93
		100 Fly	1:12.98			100 Free	1:13.01
Chris Chichester	25-29	1650 Free	19:01.47	Mary Horton	50-54	500 Free	7:35.56
		400 IM	4:55.0			50 Free	32.80
		200 Back	2:19.13			100 Fly	1:51.89
		500 Free	5:38.28			400 IM	7:31.11
		200 IM	2:21.91			50 Fly	49.45
		200 Fly	2:21.69			500 Free	7:44.78
Jennifer Norris	25-29	200 Free	2:10.53	Susan Munn	50-54	200 IM	3:40.90
		100 Fly	1:05.79			200 Fly	4:03.24
		100 Free	56.70			1650 Free	24:20.64
		50 Free	26.13			200 Free	2:40.49
		200 Fly	2:32.44			400 IM	6:47.56
Christine Winn	25-29	1000 Free	12:03.94			200 Back	3:14.53
		200 Free	2:17.67			500 Free	7:18.94
Ellen Morrati	30-34	200 Free	2:12.05			200 IM	3:13.19
		50 Back	33.09	Roswita Norris	50-54	400 IM	7:32.37
		200 Back	2:28.58			200 Back	3:28.49
		100 Free	1:00.33			100 Back	1:37.48
		100 Back	1:09.91			200 IM	3:36.19
		200 IM	2:34.45			100 Breast	1:41.28
Anna Scott	30-34	100 IM	1:02.70			200 Breast	3:33.10
		100 Free	52.11	Patti Gay	60-64	50 Free	38.92
		50 Free	24.03			200 Free	3:14.58
Lisa Strampach	30-34	1650 Free	20:59.75			100 Free	1:28.39
		100 Fly	1:12.85			500 Free	8:19.61

### New Places To Swim List

Planning on traveling at all this summer? Don't give up swimming on your trip. Check out the newly updated Places To Swim in the U.S. distributed by USMS. A copy is kept at Civic Center Pool in the back of the board members file box. You are welcome to copy down any info from it, but please don't take the pool copy.

Men's Results on Insert

## June DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Distance</b> Main Set: USMS 2,000 Challenge Long Course Workout #3 @ Woodland 7:15 pm	<b>Stroke/IM - Fins</b> Main Set: 9 x 200ae/150l/100 w/ Zoomers DAM Board Mtg. 7 pm	<b>Sprint</b> Main set: 1 x 2,000 IM Broken Long Course Workout #4 @ Woodland	<b>Mid Distance</b> Main Set: 6 x 400/350/300/200 Free #1-3: Swim #4-6: Pull	No Workout or Lap Swim Lake Berryessa 1 & 2 Mile Swims Warmup at Civic 6am
No Techniqe Workout Lap Swim 11-1 & 5-6	<b>Stroke/IM</b> Summer Quarter Re-Enrollment Begins (Thru June 25)	<b>Distance</b> Main Set: 3 x 1,000/900/750 Free Long Course Workout #5 @ Woodland	<b>Stroke/IM</b> Main Set: 15 x 100 #1-10: IM #11-15: Choice	<b>Sprint/Fins</b> Dues Late After Today! Long Course Workout #6 @ Woodland 7:15 pm	<b>Middle Distance</b> Main Set: 10 x 2:45 Interval All group Walnut Creek Long Course Meet	<b>Intensive 8:30</b> Lap Swim 11-1 & 5-6
Vidotaping: Choice 8:00 am Technique Workout 8:30 am Goal Set: 10 x 3:00 Interval Lap Swim 11-1 & 5-6	<b>Stroke/IM</b> Main Set: 4 x (4 x 50 + 200) 1 set ea. Stroke	<b>Distance</b> Main Set: 4 x 800/700/600/500 Free Broken Long Course	<b>Stroke/IM</b> Main Set: 4 x (200 + 300) 200's: Free 300's: IM	<b>Sprint/Fins</b> Main set: 10 x 100 Free Descend to ALL OUT! Long Course Workout #8 @ Woodland	<b>Middle Distance</b> Last Day of Spring Schedule (8 am & 1pm workouts)	<b>Intensive Workout</b> 8:30 AM Lap Swim 11-1 & 5-6 Lake Sonoma 2 Mile Swim
Technique Workout 8:30 am 25's of all strokes Lap Swim 11-1, 5-6 FATHER'S DAY	<b>Stroke/IM</b> Summer Schedule Begins 6,7,10,11,12,6,7 All at Civic	<b>Distance</b> Main Set: 5a/4ei/3r x 600 Broken Long Course Workout #9 @ Woodland 7:15 pm	<b>Stroke/IM</b> Main Set: 8 x 125 IM Pacific Masters Swimming Meeting	<b>Sprint/Fins</b> Main Set: 20/18/16/12 x 150 Free w/ Zoomers Long Course Workout #10 @ Woodland 7:15 pm	<b>Middle Distance</b> Main set: 4 x (400+200+100) Summer Quarter Re-Enrollment Deadline!	<b>Intensive Workout</b> 8:30 Main set: 24 x 100 Lap Swim 11-1, & 5-6
Technique Workout 8:30 am Pacing Emphasis Lap Swim 11-1 & 5-6 Lake Del.	<b>Stroke/IM</b> Bonus Fin Day	<b>Distance</b> Long Course Workout #11 @ Woodland 7:15 pm	<b>Stroke/IM</b> Main Set: 7/6/5/4 x 300 (200 Fr + 100 Non)			

Quote of the Month - *"Men are often capable of greater things than they perform. They are sent into the world with bills of credit, and seldom draw to their full extent."* - Walpole



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