

Setting Personal Swimming Goals

If this month's column sounds familiar it may be because you read it before - about a year ago.

But don't let that stop you - setting personal goals is important!

Although most of you don't consider yourself to be "competitive" swimmers, this is no excuse for not setting goals in your swimming. Doing anything without a purpose can become dull, boring, and repetitive. Goals help keep you motivated to continue (especially on very cold days, early morning workouts, etc.).

I'm sure you've been told many times, maybe by parents, teachers, bosses, or even a swim coach, to set goals. What's so important about setting goals? "It seems so silly to spend the time to sit down and write the things you already know you want to do. I just want to swim," you may say. "I set goals for my career, but I don't need to set goals for my recreation." This *sounds* reasonable, but is not true if you take a closer look.

Deep inside, we all need justification for everything we do. It's human nature to feel the need for accomplishment. The reward of completing a task worked hard at is something we all strive for, whether it's in the working world or in our personal life. What are you trying to accomplish by swimming?

Many masters swimmers lose their motivation to swim or just plain miss workouts because they can't justify it. "I'm too busy with school/ work/family/etc." many

Coach's Column by Michael Collins

say. For these people, swimming gets put into the leftover spots of the day,

behind virtually everything else. These same swimmers come back a few days or weeks later and talk about how much they missed swimming. They complain about how tired and sluggish they felt without it. However, after a few days of swimming, they become discouraged with their slower times resulting from the layoff. Often they work so hard to swim the same times prior to the leave that they become sick or injured. This may cause them to miss even more workouts and thus bring their motivational level even lower since they can't justify why they are swimming in the first place.

Swimming must be given some priority. Maybe not first or second, but it shouldn't be last either. Goals need to be made that coincide with the priority you put on swimming. "How do I make goals for swimming?" you may ask. Some people say "I don't have the time or interest to compete" and only 20 percent of the 400 swimmers in the club actually compete in events.

Make some short and long term goals for next year. Try to set *many* goals. If you only set one or two simple or wishy-washy goals it probably won't help to motivate you. The more goals you set, the more chance for success you have. Remember you haven't lost anything if you don't

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DAM the DMV

by Head Coach Michael Collins

At Christmas I received a very generous gift from many of you - a certificate for one of the new Olympic Training Center personalized license plates - A cool new Red, White, & Blue license plate with the U.S. Olympic Training Center (OTC) logo on it. Most of the money goes toward building the new OTC in San Diego. After visiting the OTC in Lake Placid, I have become a very big supporter of the programs they offer.

I quickly went into the DMV to request my plate. "DAM" was already taken so I ordered plates with the new split letters "U.S." followed by "DAM". Several weeks later I received a letter from the DMV denying my plate request. I guess they felt the meaning would be taken to mean "DAMN the U.S."

Time to think of a new plate. (Note: Don's idea of "DAM DUDE" was too many letters and kind of corny too). I went back and applied for "GO DAM", but they rejected that because it could be interpreted to mean "God Damn." I finally settled for "SWM DAM" (only six letters allowed so SWIM DAM was out).

If that doesn't pass my next choice is "F U DMV" but that probably wouldn't pass either. If you have a great idea let me know! And thanks for the great (but troublesome) Xmas gift!

March Workout Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stroke/IM	Distance	Stroke/IM	Sprint/Fins	Mid-Dist.	Intensive

Set yourself some goals, but make them realistic

Continued from page 1

reach a particular goal, but you *have* accomplished something when you do achieve one. Be *specific*, including numbers (distances, times, places, dates, etc.). Many of you don't realize how much progress you have made. If you put times and dates down you may be surprised by your progress.

Please take a few minutes to fill in your top 5 goals for 1992 on the form on page 3 and then circle any events you may be interested in attending. Then copy it, and put it in the box at the pool. This will help us remember who you are and also help to coach you more personally. Remember to keep a copy for yourself in a place you will see it often (like on the fridge) to remind you of upcoming events and/or of personal goals. This will remind you of why you're swimming and help justify it (especially on cold days!).

Keep in mind also that the coaches need motivation from you too. If you think we are boring and unmotivating it may be because *you* are. If you always have a negative attitude about getting in on time, making a tight interval, swimming fast, or doing a stroke drill correctly, it's

hard for us to keep trying. Sometimes it feels like we're pulling teeth trying to get people enthusiastic. We enjoy seeing people swim faster, it gives us a sense of accomplishment. So tell us what you want to accomplish and let us try to help.

Overcome the fear of failure

I have noticed that many don't set

"Failure is not the worst thing in the world. The very worst is not to try."

goals to improve swimming skills, or to enter events to check their progress due to a "fear of failure." When asked to do a timed swim in workout, or to enter some other event (such as the hour swim), do you say "Oh no, I'm not in shape," "I'm too slow," or "I don't think I can do as well as last year." These are fear of failure answers. So *what* if you don't go as far, so *what* if you're not the fastest. It's the process of *trying* to improve that's important. A

great quote I recently read goes like this: "Failure is not the worst thing in the world. The very worst is not to try." However, chances are you'll be quite pleased with the results, and occasionally reach your goals. So fill out your goal sheet and turn it in *today!!!*

Example goals

Set actual time goals in specific events. Set several, not just one.

Examples:

- Under 1:05 in 100 Free
- Under 3:00 in 200 IM
- Under 1 hour in Berryessa Swim
- 3,785 in hour swim - 1:35 pace per 100

Improve swimming skills in all strokes by:

- doing drills properly in all strokes
- Improve kicking ability
- Lowering stroke count per length
- Improve turns in all strokes by:
- Streamlining off all walls
- Doing two handed touches in Fly & Breast
- Always doing Flip turns in Free & Back

Improve attendance & workout habits

- make at least 4 workouts per week
- get in on time to do all of warmup

Welcome to . . .

David Tanner	Pamela Loomis
Elizabeth Tanner	Susan Willsrud
Melanie Adams	Mary Parlange
Nick Berdichevsky	Andres Amador
James Burke	Ann Noble
Sean Sullivan	Karen Sederholm
Kristina Mielke	Steffen Kartenbender
Nadine Andrakin	Lynne Creamor
Dolores Blake	Kevin Honey
Kim McCord	Razi Shah
Chrissy Hunter	William Roach
Allison Austin	Serena Wright
Barbara Mullins	Tom McNamara
Susanne Menge	

Notes

Congratulations to Ellen Moratti, married last month.

Adios to Ben Anders, off to Mexico to study Spanish and then to Santa Barbara to teach it.

Be smart about the fats you eat!

The following is excerpted from *Dam member and UCD Lecturer Liz Applegate's new book Power Foods. The book is available from Walden Books and The Avid Reader.*

Here's a guide to healthful fat choices for cooking and eating.

- Substitute canola oil or "light" olive oil in recipes that call for melted butter, margarine, or vegetable oil.
- Use canola oil or regular olive oil for salad dressings. Use "light" olive oil instead of regular olive oil for stirfrying. (Regular olive oil smokes at high heat because of burning olive particles.)
- If you like the taste of butter for sauteing, use a small amount in the pan for flavor along with some canola, corn, sunflower, or safflower oil, or butter-flavored non-

stick spray.

- Try olive oil as a flavorful alternative to margarine or butter on breads, bagels, or muffins.
- When buying margarine, choose brands with vegetable oil as the first ingredient and check the label for low saturated fat content. Ideally, margarine should contain twice as many grams of unsaturated as saturated fat.
- Use whipped margarine in place of regular stick-type margarine as a spread on breads or hot vegetables, for a savings of 30 calories or three grams of fat per tablespoon.
- Try diet margarine in place of regular margarine (except in baking, since it has a high water content which affects the recipe) for a savings of 40 to 60 calories per tablespoon (four to six grams of fat).

February Board Notes

Items of interest from the February Board Meeting:

- Enrollment is at 334 members, up 31 from one year ago.
- Board members met with Andy McPherson to discuss his participation with a City of Davis committee to plan a new pool complex in South Davis.
- Adopted the 1992 DAM budget which calls for no dues increases through at least July 1992.
- Authorized \$20 expenditure for new hot wheels cars for underwater racing.

Coach & Program Evaluations

Thanks to those of you who took the time to fill out the Coach & Program evaluation. Your comments were read by the board and the coaches. We will try to make improvements based on your suggestions where we can.

Workout and Lap Swim Hours

WORKOUTS: MONDAY - FRIDAY

Civic Center	Noon
6 a.m.	1 p.m.
7 a.m.	7 p.m.
10 a.m.	Community
11 a.m.	6:15 p.m.*

WORKOUTS: SATURDAY

Civic Center
8:30 a.m. - 10 a.m.

WORKOUTS: SUNDAY

Civic Center
8:30 a.m. - 9:30 a.m.

LAP SWIM:

SATURDAY AND SUNDAY

Civic Center
11a.m. to 1 p.m.

(5 p.m. lap swim will start after Daylight Savings Time)

* On March 10, April 7, 21, 24 and 28, the 6:15 p.m. workout at Community Pool will be at 6 p.m. at Civic Center Pool.

1992 Swimming Goals

Please write your top 5 goals for 1992 below, circle the events you may attend and then copy this and return one copy to the pool so the coaches know what your goals are. Don't forget to keep the original where you can see it every day!

Name: _____ Date: _____

Workout time: 6 7 10 11 12 1 6 7

- _____
- _____
- _____
- _____
- _____

Davis Aquatic Masters 1992 Events Calender

- | | |
|--------------|--|
| March | 6-8.....Walnut Creek Swim Camp |
| | 14-15.....San Ramon S.C. Meet |
| | 28.....Strawberry Canyon S.C. Meet @ UC Berkeley |
| April | 11.....Easter Egg Hunt (For DAM members' children) |
| | 12.....DAM Technique Clinic & Short Course Meet @ UCD |
| | 24-26.....PMS Short Course Championships @ UC Santa Cruz |
| May | 21-24.....USMS Short Course Nationals @ Chapel Hill, NC |
| | 30.....San Ramon Long Course Meet |
| June | 7.....Berryessa 1 & 2 Mile Swim |
| | 13-14.....Woodland Long Course Meet |
| | ?10k 2-person relay |
| | 20 Lake Sonoma 2 Mile (PMS Open Water Championships) |
| | 28.....Lake Del Valle 1.5 Mile Swim - Livermore |
| July | 4Limited Workouts @ Civic 7a.m., 10a.m., 11a.m., noon |
| | 4.....DAM Team BBQ @ Kit Lenz', 321 12th St. 6:30pm |
| | 11 or 12.....10 K Postal Swim @ Woodland |
| | 18.....Trans Tahoe Relay |
| | 19.....Lake Topaz Swim |
| | 24-26.....PMS L.C. Championships @ Walnut Creek |
| Aug | 1.....Santa Cruz Pier Swim |
| | 16.....Lake Del Valle 2 x 1 Mile Relay - Livermore |
| | 8.....Donner 2.7 Mile Swim (USMS Nat. Championships) |
| | 20-23.....USMS Long Course Championships, Washington |
| | 22-23.....Great North Triathlon - Stonegate Club, West Davis |
| | 29.....San Ramon Open Water Swim |
| Sept. | 13.....Whiskeytown 2 Mile Swim - Redding |
| | 19-20.....Woodland Short Course Meet |
| | 18-22.....USMS National Convention @ Louisville, KY |
| Oct. | 4.....Sacramento Pentathlon |
| | 18.....DAM Annual Meeting, Elections, & Awards |
| Nov | 21.....DAM Brute Squad Meet (200 Fly, 400 IM, & 1,650Fr) |
| | 13-16.....PMS Short Course Meters Championships @ UCD |
| Dec | 13DAM Christmas Party |

THE FINALS

Chazz Hesselein

FINALS Outstanding Performance of the Month

"Crazy" Chazz takes this month's cake (I mean swim suit) for swimming a gutsy 200 Free at the recent USF Meet. I have criticized him in the past for not taking his race out fast enough, and then having too much left at the end. Chazz really went for it at the USF Meet! Out a blazing 28.6, and through the 100 in 1:00.02, Chazz managed to hang on through the second half of the race (barely) to finish in 2:06.41. Still, it was over a second faster than his lifetime best. Way to go Chazz! Now if we can just get you to take it out quick, and still finish strong!

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

Meet Results: USF Meet February 1

WOMEN

Melissa Zaharias	19-24	50 Back	:30.93	3rd
		50 Fly	:28.66	2nd
		200 IM	2:31.29	4th
Chris Chichester	25-29	200 IM	2:25.53	2nd
		200 Free	2:08.29	3rd
Chris Winn	25-29	50 Breast	:38.09	2nd
		200 Breast	2:49.79	1st
		200 IM	2:33.86	4th
Kim McCord	30-34	50 Back	:35.21	4th
		50 Free	:28.98	4th

MEN

Darren Dutto	19-24	200 Free	1:46.77	1st
		200 IM	2:04.18	3rd
Michael Collins	25-29	200 Free	1:52.01	1st
		200 Fly	2:10.67	2nd
Greg Matthews	25-29	200 Breast	2:20.07	2nd
		50 Breast	29.52	3rd
Chazz Hesselein	35-39	200 Free	2:06.41	3rd
		50 Back	:32.74	3rd
		50 Breast	:34.51	7th
		200 Back	2:37.47	3rd
		50 Free	25.37	2nd
Ron Harvey	45-49	50 Free	:27.66	3rd
		200 Free	2:24.18	4th
		50 Back	:34.66	2nd
		200 IM	2:45.47	3rd

March-April Events

MARCH 4

Fleet Feet Seminar #1 -
Important Aspects of
Swimming.
7:30 p.m. 517 2nd Street. Free!

MARCH 5

DAM Board Meeting.
7p.m. Chamber of Commerce

MARCH 6-8

Walnut Creek Swim Camp.
\$60

MARCH 11

Fleet Feet Seminar #2 -
Nutrition.
(See March 4.)

MARCH 16

DAM Spring Re-Enrollment
Begins!

MARCH 17

St. Patrick's Day.
Wear green to workout!

MARCH 18

Fleet Feet Seminar #3 -
Freestyle Video & Technique

MARCH 26

Fleet Feet Seminar #4 -
Planning your workouts

MARCH 27

DAM Spring Re-Enrollment
Ends!

APRIL 11

Picnic Day

APRIL 12

DAM Starts & Turns Clinic &
Short Course Meet.
Hickey Gym. Clinic \$20.
Starts at 9a.m.

APRIL 13

Entry Deadline for USMS
Short Course Nationals
May 21-24 in Chapel Hill,
South Carolina
Entries due Mon. April 6.

APRIL 19

Easter

APRIL 24-26

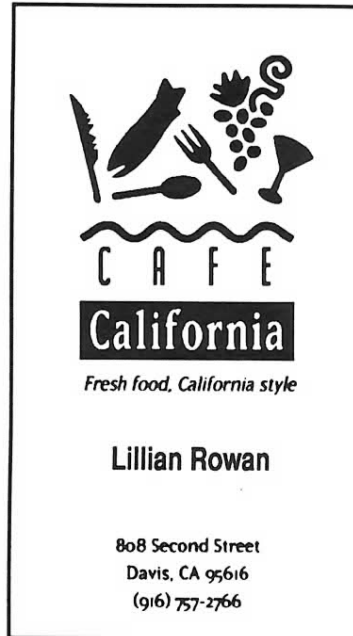
PMS Short Course
Championships @ Santa Cruz
Entries due Mon. April 13. NO
DECK ENTRIES!

March Swimmer of the Month: Lillian Rowan

This month we have chosen to celebrate a very special member of our club, Lillian Rowan, who passed away in February at the age of 85. Lillian joined Davis Aquatic Masters in 1977 after seeing a flyer in the senior center announcing DAM's formation of a special workout for senior citizens. She swam with us regularly for more than 13 years.

Although Lillian had little swimming experience, she showed no fear of the water and soon developed her own distinctive and memorable swimming style. It wasn't long before Coach Dave Scott recognized the talent in Lillian and convinced her to participate in some meets. And while Lillian was always quick to note that she wasn't a very fast swimmer, the reality was that she was often one of the highest point winners for the team. More importantly, Lillian was a true inspiration to others who doubted whether they were good enough to compete because she epitomized the spirit of participation which DAM strives to project.

Besides swimming, Lillian had many other interests. She was very active and could often be seen riding her three-wheeled Schwinn around town. She danced regularly at the senior center and was an avid baseball fan. She followed the A's closely but enjoyed trips to Candlestick Park as much as those to the Coliseum in Oakland. Being a former school librarian, she was obviously well-read and anyone who ever played a game of



Boggle with her would testify that hiding behind her small stature and disarming demeanor was a very sharp and competitive mind.

Lillian came to Davis to be near her family but she also developed an informal family among some of the swimmers in DAM. She was a good friend to many of the young children of DAM members and participated with them in many birthday parties and other special celebrations.

About a year and a half ago, just before failing health forced her to stop swimming, the Board of Directors voted to name Lillian the Swimmer of the Month. However, Lillian declined the honor because she felt there were many other "better" swimmers who deserved to be noticed.

There are certainly many faster swimmers in Davis Aquatic Masters and there are many more efficient

swimmers but one would be hard pressed to name anyone who could be characterized as being "better" than Lillian Rowan.

Cafe California Swimmer of the Month receives a certificate good for dinner for two at Cafe California courtesy of Larry Olsen, owner of Cafe California and current president of Davis Aquatic Masters. This month the certificate is given to DAM members Jane Hinsdale and Dorothy Chichester as a token of thanks from the club for their efforts in helping Lillian during the past few months.

How are your answering machine manners?

Since I very seldom get any feedback from this column, I have little way of knowing whether anyone reads it or not. So every once in a while I use it to vent some of my pet peeves. If you are reading this, then you get to (have to) find out what they are. If not, at least it keeps me happy.

How many of you have talked into an answering machine? Most of you have, or if you haven't, you have been given many an opportunity, and have chickened out each time the occasion presented itself! For most of us, one of the first things that we learned in school—I'm talking kindergarten or before—is how to say our names, addresses and phone numbers. When we talk to ('on' or 'with') an answering

Treasurer's Tips by Barbara Paulson

machine we are really good at saying our names and phone numbers as fast as possible, taking very little time on the non-essentials, and getting to the real gist of our message.

Unfortunately, for the person who then listens to the message on the machine the most important part of that message is most likely the sentence that we have been speed practicing since our younger days. (Some of us have had a lot more time to practice!) There is no way the recipient of your message can respond to or even clarify the message if the phone number can not be deciphered. (I hope this information

can be useful when calling any number, but especially when calling DAM!)

On a more general vein, March is re-enrollment month. The forms will be out around March 16th and due back on the 27th. The new quarter will start on Monday, April 6th. The dues are due on the first of the month, and a late fee is charged if they are not in on the 10th, so there will be a late fee for March dues if they are not turned in until the re-enrollment form is turned in. Spring quarter dues, which will remain at \$25.00 per month (or \$22.00 for those over 65) may be paid with the re-enrollment form, but again the dues are not actually due until the first of the month to which they apply.

1992 DAM Hour Swim individual results

NAME	AGE	YARDS
* CHRISTINE CHICHESTER	28	5,100
SHARON BLAHA	31	4,740
KRISTINE DICKEY	20	4,725
* MELISSA BEATY	34	4,515
KIM McCORD	31	4,435
* KATHERINE B. JOYE	28	4,355
LISA STRAMPACH	32	4,205
KRISTINE HARVEY	33	4,195
CAROLYN THOMAS	29	4,170
GAIL EATON	31	4,045
* SUSAN MUNN	53	4,040
* JANET FAWL	32	4,040
* KIT LENZ	43	4,025
* JILL HARDIN	22	4,010
NANCY WRIGHT	30	4,000
* LESLIE TATAR	38	3,950
ANNE HOFMEISTER	37	3,810
BEVERLY BATHA	41	3,780
JANE HINSDALE	53	3,750
* KAREN SCHEGLE	37	3,720
* PUSSADEE BRALY	40	3,660
DIANE DAVIS	41	3,655

Women — by distance

JENNIFER BLAKE	23	3,610
LESA MENG	40	3,600
* NANCY FOSTER	46	3,525
BARBARA VOHRZEK	34	3,525
ANIETTE TICE	30	3,510
CHRISTA OBERTH	32	3,480
CHRISTINE HEUSNER	24	3,435
MARLA STEWART	37	3,430
* BARBARA PAULSON	48	3,410
DAMARA FREDETTE	20	3,400
BETTY DUGAN	50	3,375
CRICKET BANKS	43	3,325
* ROSWITA NORRIS	49	3,290
MAGGIE LARSEN	41	3,225
* CATHERINE WILLETT	31	3,210
CANDACE CROSS-DREW	45	3,200
* TONI HORTON	44	3,165
LORNA BELDON	51	3,155
CYNTHIA KELLOGG	51	3,150
* JOYCE LENZ	29	3,075

GAIL FEENSTRA	35	3,050
NOREEN MAZELIS	41	3,040
ERIN MACK	26	3,035
LINDA HOOD	33	3,035
* MARG BARTOSEK	40	3,010
PATRICIA LAX	71	2,780
JANICE OAKLEY	25	2,775
CAROLYN HOUSE	54	2,755
JOYCE ZINN	65	2,750
CLAIRE GELSMAN	29	2,745
MARY HORTON	48	2,730
DOROTHY CHICHESTER	67	2,725
BARBARA KNOX	67	2,620
SALLY WOOD	47	2,500
* CORRINE BRESSLER	66	2,450
* LASSIE HAMMOCK	44	2,425
SUSAN SAUM	60	2,405
* MUMMULAY BROWN	40	2,325
* DORIS DIEMER	66	1,950
ELFRIEDA SAUERS	77	1,210
TOTAL		210,335

Women and men — by age group

WOMEN

19-24

KRISTINE DICKEY	20	4,725
*JILL HARDIN	22	4,010
JENNIFER BLAKE	23	3,610
CHRISTINE HEUSNER	24	3,435
DAMARA FREDETTE	20	3,400

25-29

*CHRISTINE CHICHESTER	28	5,100
*KATHERINE B. JOYE	28	4,355
CAROLYN THOMAS	29	4,170
*JOYCE LENZ	29	3,075
ERIN MACK	26	3,035
JANICE OAKLEY	25	2,775
CLAIRE GELSMAN	29	2,745

30-34

SHARON BLAHA	31	4,740
*MELISSA BEATY	34	4,515
KIM McCORD	31	4,435
LISA STRAMPACH	32	4,205
KRISTINE HARVEY	33	4,195
GAIL EATON	31	4,045
*JANET FAWL	32	4,040
NANCY WRIGHT(preg)	30	4,000
BARBARA VOHRZEK	34	3,525
ANIETTE TICE(preg)	30	3,510
CHRISTA OBERTH	32	3,480
*CATHERINE WILLETT	31	3,210
LINDA HOOD	33	3,035

35-39

*LESLIE TATAR	38	3,950
ANNE HOFMEISTER	37	3,810
*KAREN SCHEGLE	37	3,720
MARLA STEWART	37	3,430
GAIL FEENSTRA	35	3,050

40-44

*KIT LENZ	43	** 4,025
BEVERLY BATHA	41	3,780
*PUSSADEE BRALY	40	3,660
DIANE DAVIS	41	3,655
LESA MENG	40	3,600
CRICKET BANKS	43	3,325
MAGGIE LARSEN	41	3,225
*TONI HORTON	44	3,165
*MARG BARTOSEK	40	3,010
*LASSIE HAMMOCK	44	2,425
*MUMMULAY BROWN	40	2,325

45-49

*NANCY FOSTER	46	3,525
*BARBARA PAULSON	48	3,410
*ROSWITA NORRIS	49	3,290
CANDACE CROSS-DREW	45	3,200
NOREEN MAZELIS	48	3,040
MARY HORTON(fly)	48	2,730
SALLY WOOD	47	2,500

50-54

*SUSAN MUNN	53	4,040
JANE HINSDALE	53	3,750
BETTY DUGAN	50	3,375
LORNA BELDON	51	3,155
CYNTHIA KELLOGG	51	3,150
CAROLYN HOUSE	54	2,755

60-64

SUSAN SAUM	60	2,405
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65-69

JOYCE ZINN	65	2,750
DOROTHY CHICHESTER	67	2,725
BARBARA KNOX	67	2,620
*CORRINE BRESSLER	66	2,450
*DORIS DIEMER	66	1,950

70-74

PATRICIA LAX	71	2,780
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75-79

ELFRIEDA SAUERS	77	1,210
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MEN

19-24

DARREN DUTTO	23	5,425
*SCOTT ERBA	22	5,215
KEVIN PEARSALL	24	4,895
DAVID MAZZERA	21	4,625
MIKE NEASHAM	20	4,325
FRED RAMSING	22	4,050

25-29

MIKE COLLINS	25	**5,415
MARK CROSBY	28	5,205
STEVE ATKINS	28	5,080
GREG MATTHEWS	25	5,005
DERICK SCOVEL	25	4,620
*ANDREW ELLISON	25	4,475
EUGENE CODERO	26	4,455
SEAN SULLIVAN	26	4,375

*JEFF YOSHIMOTO	27	4,365
MICHAEL TAYLOR	29	3,560

30-34

*CHRIS OSHIRO	34	**5,175
NICK KURTH	30	5,080
JOHN TICE	33	4,225
CLIFF DIMOND	31	4,220
MARC TATAR	33	4,175
*CRAIG KIRKPATRICK	32	3,945
JOEL STONE	30	3,780
*GARY MILLER	32	3,745
DAVID FERRICK	32	3,655

35-39

CHAZZ HESSELEIN	36	4,280
DAVID WOODRUFF	35	4,215
HARRY STARK	37	3,975
RICHARD AGNI	35	3,955

40-44

*ANDREW McPHERSON	44	**5,140
*DENNIS WILSON	42	4,850
EDWARD DEACON	42	4,750
*THOMAS McKENNA	40	4,690
*DAVID KELLY	44	4,520
JOHN MILLS	44	4,000
WILL DAVIS	40	3,900

45-49

*ART KRENNER	49	4,255
*CHUCK LIEBERMAN	47	4,050
RONALD HARVEY	46	4,005
*HENRY McHENRY	47	3,450

50-54

ROBERT NORRIS	53	4,125
*DAVE GILMER	54	3,325

55-59

WILLIAM TREGUBOFF	58	3,265
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60-64

PAUL BRADY	60	**3,510
CAP THOMPSON	61	3,225

65-69

*BORIS RUEBNER	68	2,595
*DAVID BRESSLER	68	2,575

70-74

STEVE CARLSON	72	3,775
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* swam further than last year
** DAM age group record.

Men — by distance

DARREN DUTTON	23	5,425
MICHAEL COLLINS	25	5,415
* SCOTT ERBA	22	5,215
MARK CROSBY	28	5,205
* CHRIS OSHIRO	34	5,175
* ANDREW McPHERSON	44	5,140
STEVE ATKINS	28	5,080
NICK KURTH	30	5,080
GREG MATTHEWS	25	5,005
KEVIN PERSALL	24	4,895
* DENNIS WILSON	42	4,850
EDWARD DEACON	42	4,750
* THOMAS McKENNA	40	4,690
DAVID MAZZERA	21	4,625
DERICK SCOVEL	25	4,620
* DAVID KELLY	44	4,520
* ANDREW ELLISON	25	4,475
EUGENE CORDERO	26	4,455
SEAN SULLIVAN	26	4,375
* JEFF YOSHIMOTO	27	4,365
MIKE NEASHAM	20	4,325
CHAZZ HESSELEIN	36	4,280
* ART KRENNER	49	4,255
JOHN TICE	33	4,225
CLIFF DIMOND	31	4,220
DAVID WOODRUFF	35	4,215
MARC TATAR	33	4,175
ROBERT NORRIS	53	4,125
FRED RAMSING	22	4,050
* CHUCK LIEBERMAN	47	4,050
RONALD HARVEY	46	4,005
JOHN MILLS	44	4,000
HARY STARK	37	3,975
RICHARD AGNI	35	3,955
* CRAIG KIRKPATRICK	32	3,945
WILL DAVIS	40	3,900
JOEL STONE	30	3,780
STEVE CARLSON	72	3,775
* GARY MILLER	32	3,745
DAVID FERRICK	32	3,655
MICHAEL TAYLOR	29	3,560
PAUL BRADY	60	3,510
* HENRY McHENRY	47	3,450
* DAVE GILMER	54	3,325
WILLIAM TREGUBOFF	58	3,265
CAP THOMPSON	61	3,225
* BORIS RUEBNER	68	2,595
* DAVID BRESSLER	68	2,575

TOTAL YARDS 203,520

1992 DAM Hour Swim Team Statistics

Total yards:	413,857
Total distance in miles:	235
Number of participants:	110
Number of female participants:	62
Number of male participants:	48
*Total female yards:	210,337
Total male yards:	203,520
*Average yards per participant:	3,762
*Average pace per 100:	1:35.7
*Average yards per female:	3,392
*Average pace per female 100:	1:46.1
*Average yards per male:	4,240
*Average pace per male 100:	1:24.9
Most female yards:	5,100
Average pace per 100:	1:10.5
Most male yards:	5,425
Average pace per 100:	1:06.3
Least yards:	1,212
Average pace per 100:	4:57.0
Youngest female participant:	20
Youngest male participant:	20
Oldest female participant:	77
*Oldest male participant:	72
Number of participants under 25:	11
*Number of participants 25-34:	39
Number of participants 35-44:	27
*Number of participants 45-54:	19
Number of participants 55 and over:	14
Number of DAM age group records set:	5
Number of DAM relay records set:	5
Number who swam further than last year:	37

* Improvement over last year

Note: Due to limited space, hour swim relay results will be published in the April issue of *The Record Times*.



Swim Clinic

At FLEET FEET SPORTS

FOUR EVENINGS IN MARCH

WITH MIKE COLLINS

WEDNESDAY, MARCH 4 7:30-9:00	Important aspects of a good swimmer
WEDNESDAY, MARCH 11 7:30-9:00	Nutrition plan for swimmers
WEDNESDAY, MARCH 18 7:30-9:00	Freestyle technique video & discussion
WEDNESDAY, MARCH 25 7:30-9:00	Planning you swim workouts

Come to one or all four nights. Free compliments of FLEET FEET SPORTS. Enjoy refreshments and door prizes donated by Tyr, Zoomers, and Fleet Feet Sports-Davis. —See You There, Sean Sullivan



Happy Birthday to . . .

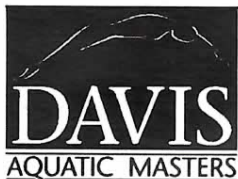
Greg Matthews	3/1	Mari Lang	3/18
Beth Skorey	3/1	Mark Applegate	3/19
Razi Shah	3/1	Alberto Goenaga	3/20
Gary Miller	3/2	Curt Miller	3/22
James Burke	3/3	Stan Robinson	3/23
David Davies	3/4	Tatiana Dascomb	3/24
Regina Chu	3/4	Gayle BonDurant	3/25
Fran Zeman	3/5	Susan Fox	3/25
Tina Wallis	3/6	Melissa Zaharias	3/25
Christine Winn	3/7	Anne Hofmeister	3/26
Elke Hofmann	3/7	Steve Atkins	3/26
Joel Stone	3/8	Don Wilson	3/26
Susanne Menge	3/9	Eric Ketelsen	3/26
David Mackey	3/11	Laura Hufty	3/26
Julie Langston	3/11	Andrew Ellison	3/29
Dave Castro	3/15	David Mazzera	3/29
Mickie Hyde	3/15	Suzanne Lehmkuhl	3/29
Hans Konrad	3/16	Andrew McPherson	3/30
Cary Bubenik	3/16	Kelly Buchanan	3/30

DAM March '92

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout: 8:30am Lap Swim: 11-1 1	Stroke/IM 2	Distance 3	Stroke/IM Fleet Feet Swimming Seminar 4	Sprint/Fins  5	Mid-Distance <div style="border: 1px solid black; padding: 2px; display: inline-block;">Walnut Creek Swim Camp</div> 6	Intensive 8:30 Lap Swim 11-1 7
Workout: 8:30am Lap Swim: 11-1 Walnut Creek 8	Stroke/IM 9	Distance 10	Stroke/IM 11	Sprint/Fins 12	Mid-Distance 13	Intensive 8:30 Lap Swim 11-1 14
Workout: 8:30am Lap Swim: 11-1 <u>San Ramon</u> Meet 15	Stroke/IM Spring Quarter Re-enrollment (thru March 27) 16	Distance <u>St. Patrick's</u> Day  17	Stroke/IM Fleet Feet Swimming Seminar - 7:30 18	Sprint/Fins 19	Mid-Distance 20	Intensive 8:30 Lap Swim 11-1 21
Workout: 8:30am Lap Swim: 11-1 22	Stroke/IM 23	Distance 24	Stroke/IM  25	Sprint/Fins Fleet Feet Swimming Seminar 7:30pm 26	Mid-Distance Spring Quarter Re-enroll ment  Dead 27	Intensive 8:30 Lap Swim 11-1 <u>Strawberry</u> <u>Canyon Meet @</u> <u>Berkeley</u> 28
Workout: 8:30am Lap Swim: 11-1 29	Stroke/IM 30	Distance 31				

Coach Mike to NCAA Division II Swimming Championships in **14**

Quote of the Month — "If at first you don't succeed - You're doing it wrong." Bazoooka Joe Bubblegum Comic



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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 editor requests comments/suggestions from readers.