

Hour Swim Wrap-up

Well, I think we did it again - USMS Hour Swim Team Champions! Although results have

not been received yet, we did have the largest number of entries at just over 100. But the competition is closing. I think the entire state of New York (Red Tide Masters) combined to enter 71 people and 26 relays. Congratulations to all who participated, and especially to those who increased their yardage! I still hope they add the other strokes to the competition in the future. Tina Neill and Robert Norris were both impressive with their backstroke yardage, 4,565 & 3,925 respectively. The male and female with the biggest yardage improvements were Michael Taylor, 695 yards farther, and Jennifer Blake, 235 yards farther.

Stroke Improvement & Fitness Challenge

I hope you picked up some good pointers and speed from our Stroke Improvement Month. The timed 100's at the end of each week really seemed to inspire people to swim FAST! I was also very surprised and impressed by how many of you participated in the February Fitness Challenge (keeping track of the yards swum each day). Most incredible Animal Swimmer definitely goes to Carolyn Thomas who just had a new baby in late December. She swam 4,010 in the hour swim, (60 yards under her best ever) within a month of the birth. Then she decided to REALLY get in shape and swam 106,250 yards in the

Coach's Column by Michael Collins

month of February (106,250/28=3,794 avg per day) to take the overall yardage title out of all DAM swimmers.

Carolyn swam all but 3 days in February. Enjoy the DAM hooded sweatshirt, Carolyn, you certainly deserve it!

Short Course Season

Swimming in meets are a great way to test your swimming skills, keep motivated to come to workout regularly, and to perform better in workout.

There are only 4 meets we plan to attend as a team this short course season, but they are GREAT meets. (SCAM @ Berkeley 3/27, DAM @ UCD 4/4, PMS @ Stanford 4/23-25, & USMS Nationals 5/20-23 See upcoming events in this newsletter for full details)

We would love to have a big turnout for these four events. With a good turnout (25+) we could break into the top 5 team standings at the PMS Championships. Mark the dates down on your calendar, make some goals, and send in your entries in on time!

There will be "Meet Preparation Workouts" offered a few times over the next few months, (see calendar on back), so if you are afraid to dive or a bit weak on your turns try to make one these specialty workouts. I really feel you can learn more and your swimming becomes noticeably faster in a meet than in a whole month of workouts - SO TRY IT!

Workout Schedule

- Mon. - Sprint/Fins
- Tue. - Middle Distance
- Wed. - Stroke/IM
- Thu. - Distance
- Fri. - Stroke/IM
- Sat. - Intensive
- Sun. - Technique

Workout Changes

The 6pm workout at Community will start at 6:15 beginning Monday March 1. In addition, due to Davis High School swim meets on the following dates the workout will move to Civic Center pool at 6 pm:

- Tuesday March 9
- Thursday March 11
- Tuesday March 23
- Thursday April 22



FUTURE EVENTS

Date	Event
May 31	DAM Memorial Day Intrasquad Meet
June 5	Berryessa 1 & 2 Mile Swim
June 5-6	Team Camp-out at Lake Berryessa
June 11-12	Walnut Creek Long Course Meet
June 19	Lake Sonoma 2 Mile
June 27	Lake Del Valle 1.5 Mile Swim - Livermore

Answers to the SWIM Quiz are found on page 5

SWIM

BY: Ron "Sickie" Marcikic

Just how much expertise is needed in swimming? Can the various strokes really be all that hard to master? How important is proper stroke technique? Is this technique something I can pick up from just anyone?

Well, just give yourself a quick try at some of the simplest swimming situations. Try your luck at matching the following "techniques" with the matching "answers".

- | | |
|--------------------------------|----------------------------|
| 1. Freestyle entry | A. Lactic Acid |
| 2. Back recovery | B. 25-50-75-75-50-25 |
| 3. Freestyle catch | C. Ascending |
| 4. Individual swimming medley | D. 1650 Freestyle |
| 5. Swimming mile | E. Fartleks |
| 6. Second half faster | F. 10 x 100 1:20 Pace |
| 7. Egyptian pyramid | G. Tubes-paddles-boards |
| 8. Production= dissipation | H. Interval |
| 9. Breaststroke pull | I. High elbow-hard pitched |
| 10. Interval | J. Aerobic |
| 11. Ladder | K. Negative split |
| 12. Red cross only | L. Arms underwater |
| 13. Butterfly recovery | M. 10 x 100 on 1:20 |
| 14. Faster intervals | N. S-pattern |
| 15. Equipment | O. Anaerobic threshold |
| 16. Freestyle pull pattern | P. Straight arm recovery |
| 17. Slower intervals | Q. 25-50-75-100 |
| 18. 1:30 base | R. Elementary backstroke |
| 19. "Hitting the wall" because | S. Begins stroke |
| 20. Repeat speed | T. Descending |
| 21. Mexican pyramid | U. Fly-back-breast-free |
| 22. EZ-Hard swims | V. 25-50-75-50-25 |
| 23. "Forever" kinda | W. Both arms above water |

March Swimmer of the Month: Betty Dugan



C A F E

California

Fresh food, California style

Betty Dugan

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

March Swimmer of the Month, Betty Dugan, joined DAM in 1984 after moving to Davis from Dixon. Initially, Betty swam for fitness reasons. However, now Betty enjoys competing in sprint and middle distance events...and attending the social gatherings after the meets. Betty works out at one o'clock.

Betty graciously donates her time and her home every December to hold the annual Christmas party. The first year Betty offered to hold the party, she did not expect the large turnout. About forty people come to the party now. Attendance seemed to pick up the year Betty began to have the party. It must be the festive decorations and Betty's Santa suit that attract everyone!

Betty also brings her energy and fun attitude to meets. She places extremely well in her age group. This year, Betty placed tenth in the short course 50 freestyle, ninth in both the long course 50 freestyle and 100 freestyle, and first at Nationals in Seattle in the 400 freestyle. She also placed first in her age group at the Sacramento Pentathlon and did the Brute Squad last year, and did the Freestyle Ironman this year.

In addition to swimming, Betty also enjoys playing soccer for a Sacramento women's league. She has played forward for ten years.

DAM thanks Betty for her involvement and contagious energy at the pool! *A special thank you to Larry Olsen and Cafe California for awarding complimentary dinners to our Swimmers of the Month.*

UPCOMING EVENTS CALENDAR

Strawberry Canyon Meet - Saturday March 27

Postmark Entry Deadline: Friday March 12

Location: UC Berkeley

Events: 500 Fr, 200 IM, 50 Back, 100 Free, 200 Back, 200 Mixed Medley Relay, 50 Fly, 200 Free, 100 IM, 50 Breast, 200 Medley Relay

Carpools: Leave Civic Center Pool @ 7 am

Details: If swimming, put your name on the signup sheet at Civic

DAM/UCD Swim Clinic - Saturday April 3

Postmark Entry Deadline: Wednesday March 24

Location: Hickey Gym Pool, UC Davis Cost: \$25

Details: Stroke instruction, starts & turns technique, and racing strategy conducted by UC Davis Men's Swim Team & Coaching Staff

DAM/UCD Meet - Sunday April 4

Postmark Entry Deadline: Wednesday March 24

Location: Hickey Gym Pool, UC Davis

Events: 1,650 Free, 400 Medley Relay, 100 Fly, 100 Back, 100 Breast, 100 Free, 100 IM, 200 Free, 400 IM, 800 Free Relay

Details: If swimming, put your name on the signup sheet at Civic

PMS SC Championships @ Stanford - April 23-25

Postmark Entry Deadline: April 12. NO LATE OR DECK ENTRIES

Location: Deguerre Pool Complex, Stanford University

Events: All Short Course events. (See meet sheet posted at Civic)

Details: Hotel rooms have been reserved at the Holiday Inn by Betty Dugan. If you would like a room or to share contact her at 758-4685. Please put your name on the signup sheet at Civic, too.

USMS SC Nationals @ Santa Clara - May 20-23

Postmark Entry Deadline: April 8 to Coach Mike. NO LATE OR DECK ENTRIES

(Turn entries in to Coach Mike so relays can be made)

Location: Santa Clara Swim Center Cost: \$38

Events: All Short Course events. (See meet sheet posted at Civic)

Details: Hotel rooms have been reserved at the Mariani Hotel by Melissa Beaty. Doubles (two queen size beds) are \$50, singles (one queen) \$35.

If you would like a room (or to share one) contact her at 678-1034.

Meet Results - San Ramon Short Course Meet

Women

Chris Chichester(25-29)	100 Free	59.82	3rd
	100 Breast	1:18.57	2nd
Christine Winn (25-29)	1,650 Free	20:32.80	1st
	400 IM	5:34.65	1st
	200 Back	2:37.79	1st
	100 Breast	1:22.41	3rd
	200 Free	2:18.47	3rd
	50 Back	:34.06	1st

Men

Greg Johnson (35-39)	1,650 Free	18:37.00	1st
	200 Back	2:16.11	1st
	200 Free	2:04.40	2nd
Jim Frampton (45-49)	100 Breast	1:21.57	1st
	100 Free	1:05.55	2nd

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 Antifog	\$9.00
TYR Racetech Antifog	\$8.00

DAM Team Suits	
(FINALS - Incognito w/ embroidered logo)	
Male Lycra w/ logo	\$18.00
Female Lycra w/ logo	\$40.00
DAM Logo Sweats	
Navy Hooded Sweatshirt	\$30.00
Grey sweatpants	\$20.00

NO PARKING

Beginning February 16, the Davis Joint Unified School District has restricted its parking lot (the one across B Street from Civic Center Pool) from 8:00 AM to 5:00 PM Monday through Friday. Only those who are school district employees or visitors to their offices will be allowed to park there. Early in March, police will begin ticketing those who park there illegally. Call Barb 756-4234 if you have any questions.

DAM WELCOMES:

369	Kristin Olsen
370	Steven Beck
371	Jolene Bachman
372	Anette Larssen
373	Mary Chen
374	Jay Soles
375	Heather Kohler
376	Jennifer Gerber
377	Craig Kirkpatrick
378	Erick Ormsby
379	Loreen Kleinschmidt
380	Matt Geisel
381	Christopher Morgan
382	Federico Moncloa
383	Nancy Stone

FINALS Outstanding Performance of the Month - Jane

I really didn't think the day would come, but it did. Jane Hinsdale was waiting for me at the pool gate, five minutes to ten, on February 26th. Jane, who won the DAM Hall of Shame Award for "Least Likely to be at Workout on time" had beaten me to workout before, but only on days that I was late, and even then she would dally around before getting in, wanting to protect her image of being "Fashionably late." But this day I could tell something was different.

"What are you doing here so early?", I asked as she hurriedly took off her sweats. "I need to get in 3,500 yards today and 4,500 tomorrow to reach my goal," she told me as she dove in for warmup with no one else in sight. She was talking about the Febru-



Jane Hinsdale

ary Fitness Challenge, where you add up your yards for the entire month. I knew she had been coming more regularly than usual, staying in for the entire workout and even a little into the next on some days. "I thought you were on target to easily make the 50,000 yard goal you set?" I asked as she took a short breather between swims. "Oh yeah," she said, "I'm going for sixty." WOW! A 50-54

age group women doing more yardage in a month than I've been doing!

Little things like keeping track of yards can really help motivate people to achieve much more than thought possible. If someone had told me last month that Jane would be coming to workout early, getting in first to do a complete warmup, and even staying over a bit, I would have sent them to the health center for a check-up - mental that is. Now it's probably me who needs the check-up after seeing Jane hop into the water first to hammer out some yardage.

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

Treasurer's Tips

by Barbara Paulson

I hope that it is permissible to write a personal note in a regular column. (Bob Dunning does it, doesn't he?) I would like to thank all of you who have 'been there' when I have needed you for the past eight months since my Dad's death and during my Mother's subsequent ill health. I would especially like to thank those who have expressed their sympathy verbally or with cards this past month after my Mom's death. There have been many who also have volunteered to help out in some way. Thanks to you all. An apology to those of you for whom I have made mistakes or sent double reminders when I have had too many other things on my mind.

The previous was a 'Treasurer's Thank you'. Now to the 'Treasurer's Tips'. Have you tried to find Davis Aquatic Masters in the phone book lately? It can be somewhat of a challenge. If you look in the Yellow Pages, you will find us listed under Swimming Instruction—the phone company will not make a heading for Swimming Teams. Then the White Pages are the real challenge. I recently had a call from a member, whom I promised not to identify, but he has been around for awhile. He finally had found the number under the Yellow Pages, but wanted to know why we weren't listed in the White Pages. We are! But the phone book is very different this year. (You may remember a column in a paper with a little larger circulation by the above named columnist a couple months ago

about this.) One of the changes is that there is a separate business listing. If you look carefully at the white pages, you will notice that a large section of them have a light grey strip on the upper edge of the paper. This indicates the residents' section. Just before that there is a section that has a light pink full length strip on the outer edge of the page. That is the Business section. We are listed, surprisingly enough, under 'Davis Aquatic Masters'. But that isn't as easy as it sounds. There are lots of Davis listings, many using larger letters. We are the small print entry between DAVIS APPLIANCE AND MECHANICAL SERVICES and DAVIS ART CENTER. So if you need to call for information, and don't have the number at your fingertips, I hope that you will be able to find it.

HAPPY BIRTHDAY TO:

Greg Matthews	3/1
Razi Shah	3/1
Gary Miller	3/2
David Davies	3/4
Regina Chu	3/4
Renee Paige	3/4
Fran Zeman	3/5
Rand Schaal	3/7
Christine Winn	3/7
Elke Hofmann	3/7
Joel Stone	3/8
Susanne Menge	3/9
Monica Summers	3/9
James Martin	3/9
Julie Langston	3/11
Christine Cipperly	3/13
Mickie Hyde	3/15
Mark Applegate	3/19
Alberto Goenaga	3/20
Domenic Matthews	3/20
Saman Nazarian	3/21
Curt Miller	3/22
Stan Robinson	3/23
Gayle BonDurant	3/25
Anne Hofmeister	3/26
Don Wilson	3/26
Andrew McPherson	3/30

1993 USMS SHORT COURSE NATIONALS

Don't miss this opportunity to swim in a national championship meet right here in Northern California!!! This year's short course nationals are going to be in Santa Clara on May 20, 21, 22, and 23.

Coach Mike would like this to be a big TEAM EVENT, with thirty or more swimmers entering the meet. You don't have to be a "hot shot" swimmer to go to meets. There are swimmers at every level of ability in competition. Talk to Mike about any "meet phobias" you may have, and then try it... you'll like it. Entries are due to Mike by April 8th. We are going to enter as a team this year, so please do not mail your entry in yourself. Give it to Mike and he will record all your events, compile relays, and then send in all the entries together.

Motel rooms have already been

reserved, but are very limited, as this will be such a popular meet. Rooms have been reserved at the Granada Inn, which is within walking distance of the pool. Double-double, and double-twin rooms are available for \$47 and \$43 respectively. We also have a few rooms available at a slightly nicer hotel across the street, the Marianni Inn. These rooms all have one queen bed, and will be \$35 a night.

Space if available on a first come, first serve basis. If you are planning to attend the meet and would like to reserve a room with your family or a group of friends, or just a bed for yourself, contact Melissa Beaty at 678-1034, or let Coach Mike know at workout.

Remember, the meet is just a few miles from Great America. Why not make it a family weekend at the pool and the park!

Workout and Lap Swim Hours

WORKOUTS: MONDAY - FRIDAY

Civic Center	11 a.m.
6 a.m.	Noon
7 a.m.	6 p.m.
10 a.m.	7 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
11 a.m. to 1 p.m. 5 - 6 p.m.

Answers to the SWIM Quiz

By: Ron "Sickie" Marcikic

1. I, 2. P, 3. S, 4. U, 5., D, 6. K, 7. V, 8. A, 9. L,
10. M, 11. Q, 12. R, 13. W, 14. T, 15. G, 16. N,
17. C, 18. H, 19. O, 20. F, 21. B 22. E, 23. J

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March DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sprint/Fins Main set: 2 x (3 x 200) #1-50+100+50 #2-4 x 50 @ :15 #3 - Straight 1	Middle Distance 2	Stroke/IM DAM Board Meeting 3	Distance 4	Stroke/IM Walnut Creek Swim Camp 5	Intensive Workout 8:30 am Lap Swim 11-1 6
Technique Workout 8:30 am Lap Swim 11-1 Walnut Creek Camp Continued 7	Sprint/Fins 8	Middle Distance 3 x 500 Broken DHS Meet 6:15 Workout at Civic @ 6 PM SLIIM 2000 MEET 2000 8	Stroke/IM Main set: 400+300+200+100 Dif. Stroke each distance 9	Distance Timed 1,000 DHS Meet 6:15 Workout at Civic @ 6 PM SLIIM 2000 MEET 2000 11	Stroke/IM Postmark deadline for Strawberry Canyon Meet 12	Intensive Workout 8:30 am Lap Swim 11-1 13
Technique Workout 8:30 am Lap Swim 11-1 14	Sprint/Fins Spring Quarter Re-enrollment (thru March 26) 15	Middle Distance 16	Stroke/IM Wear GREEN to Workout. (or get pinched!) ST. PATRICKS DAY 17	Distance 2,000 Free Meet Preparation Dive Practice 18	Stroke/IM 19	Intensive Workout 8:30 am Lap Swim 11-1 20
Freestyle Videotaping Technique Workout 8:00 am Lap Swim 11-1 21	Sprint/Fins Meet Preparation Dive Practice 22	Middle Distance DHS Meet 6:15 Workout at Civic @ 6 PM SLIIM 2000 MEET 2000 23	Stroke/IM Postmark Deadline for UCD Clinic & Meet Pacific Masters Swimming 24	Distance 25	Stroke/IM Spring Quarter Re-enrollment Deadline 26	Intensive 8:30 am Lap Swim 11-1 Strawberry Canyon Meet @ UC Berkeley Carpools leave Civic @ 7 am 27
Choice Videotaping Technique Workout 8:00 am Lap Swim 11-1 28	Sprint/Fins 29	Middle Distance 30	Stroke/IM 31			

Quote of the Month - *"The body is forged in the fire of the will."* Unknown



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