



The Record Times

AQUATIC MASTERS

March 1994

Volume V, Number 3

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

1994 Hour Swim DAM Records & Statistics

Congratulations, DAM swimmers! We reached the goal of 100+ participants. Along the way there were several personal bests and 10 new DAM team records.

- Total Yards: 363,860
- Total DAM Participants: 101
- Female Participants: 58
- Male Participants: 43
- Average distance per swimmer: 3,567
- DAM Team Records Set: 10

4 Individual Records

Andy McPherson	45-49	5,125	Lee Fitzhugh	55-59	4,130
Cathy Carr West	35-39	4,800	Susan Munn	55-59	4,015

6 Relay Records:

Men's 45+	13,135	McPherson, Nelson, Rushton
Men's 55+	11,765	Fitzhugh, Haworth, Norris
Women's 55+	9,085	Munn, Cornutt, Crain
Mixed 45+	16,615	McPherson, Nelson, Owen, Paulson
Mixed 55+	14,715	Fitzhugh, Haworth, Munn, Cornutt
Mixed 65+	10,605	Scott, Colvin, Lax, Zinn

DAM Hours Workouts Civic Center Pool Monday-Friday

6 AM	noon
7 AM	1 PM
10 AM	7 PM
11 AM	

Community 6 PM

Saturday

Intensive
8:30-10 AM

Sunday

Technique
8:30-9:30 AM

Lap Swim

Civic Center
Saturday & Sunday
11 AM-1 PM

Make Your Goals, TODAY!

by Michael Collins

I received several pleasant responses from many of you who read last month's column on setting personal goals. I really enjoy the feedback. As several of you noticed, the actual goal sheet was missing from the newsletter. We ran out of pages. It is included in this month's Record Times. I encourage all of you to fill it out and turn it in (be sure to keep a copy for yourself). Both Don & I would be happy to discuss your goals as well. Let us know how we can help you achieve them. However, putting them down in writing is the most important step. SO DO IT TODAY! Don't make excuses. Pursuing goals is an excellent motivational tool and self-esteem booster.

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

Set workout goals:

Examples:	Swim 10 x 100 Free @ 1:30 interval, holding 1:25
	Kick 5 x 100 Fly @ 2:00 interval, holding 1:45
	Pull 1,000 Free under 15:00
	Complete 100 yards of legal butterfly

NATIONALS UPDATE

Southwest Airlines 2 for 1
\$204 Sacto-Phoenix
commitment for rooms
needs to be made
Mission Palms-2 blocks
from pool \$65/night
Call Andy for info
753-0307

Workout Changes

Due to Davis High School
swim meets, the 6 PM work-
out will move to Civic Center
Pool on the following date:

March 8

March Workout Schedule

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

Stroke Improvement Continued

I hope you picked up some good pointers and speed from our Stroke Improvement Month. It's great to see the extra effort many of you put into improving your technique during February. If you are interested in continuing to develop your technique, consider attending the Fitness Lap Swim Class I will be teaching at Emerson Jr. High in West Davis, Mon.-Thur. 6:30-8:00 PM. These are slightly different than the usual Master's workout. Each workout begins with a 20 minute lecture on a specific stroke technique topic, followed by stretching before getting in. The first 1/2 hour of water time is devoted to stroke technique development, and the last 1/2 hour is free swim. This is a great class for anyone who really wants to improve, and is also an excellent low stress introduction to coached swimming for beginners. Encourage a friend to sign up! The cost for each 2 week session is \$25. However, all DAM members are allowed to attend, free, without registering for the class at the City.

Session #1: Free & Back
Session #2: Free & Breast
Session #3: Free & Fly
Session #4: All Strokes

Short Course Meet Season

Swimming in meets is a great way to test your swimming skills, stay motivated to attend workout regularly, and to perform better in workout.

There are five meets we plan to attend as a team this short course season.

1. Vintage @ Napa 3/12
 2. SCAM @ Berkeley 3/26
 3. Walnut Creek Quadrathlon 4/9
 4. PMS Championships at De Anza 4/15-17
 5. USMS Nationals 5/13-16.
- (See upcoming events for full details)

If you would like to try one of these meets don't hesitate to ask about it. Meet sheets, entry cards, and sign-up sheet are posted at Civic Center Pool. You can also find the details for these meets in the center section of your most recent SWIM Magazine.

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

Weekday Intensive Workouts: Only For The Dedicated!

Tuesday & Thursdays, 6:30-8:00 AM.

Emerson Jr. High Pool, West Davis

Who are these workouts for? All abilities who want to improve their swimming through endurance training. These are tough, "do-it-right-and-get-your-butt-kicked" hour and a half workouts. If you just want the typical hour workout — don't come! Go to the 6 or 7 AM at Civic. Workouts will range from a minimum of 3,000 yards with very high intensity up to 5,000+ of endurance training. The emphasis will be on personal improvement. The coach will EXPECT you to do legal turns all the time, get your times on repeats, have a goal time before pushing off the wall, and do butterfly when asked. It is recommended that swimmers bring their own fins and pulling equipment, since DAM does not have enough equipment to outfit 3 pools. The pool will be covered, so swimmers are asked to arrive by 6:20 to help pull covers in order to start right at 6:30. Don't expect to get in if you come cruising in 10 minutes late, but if you are willing to step up to the challenge of the Weekday Intensive Workouts, we look forward to seeing you there!

Note: Congratulations to the sharp eye swimmers who caught our graphics error last month. The proper & incorrect body position for Freestyle were reversed. Keep paying attention to the details, and calling us on it!

Upcoming Event Details:

March 4-6	Walnut Creek Swim Camp Cost \$70. Entry deadline: February 18.
12	Vintage Masters Meet. Napa Valley Cost \$3 + \$1.50 per event if postmarked by 2/28/ \$3 for deck entries.
94.	Carpools leave Civic at 7 AM.
26	Strawberry Canyon S.C. Meet @ UC Berkeley Cost \$3.50 + \$1.50 per event if postmarked by 3/14/94. \$3 for deck entries. Carpools leave Civic at 7 AM
Apr. 9	Walnut Creek Quadrathlon (500-200-100-50 Free) Cost \$3 + \$1.50 per event if postmarked by 3/30/94. \$2.50 for deck entries. Prize Money! \$300, \$125, \$75 top 3 overall Men & Women. Pro division \$4. Carpools leave Civic at
15-17	PMS Short Course Champs @ De Anza College, Cupertino Postmark deadline 4/1/94. NO DECK ENTRIES! Contact Coach Mike if you are interested in Hotel reservations.
30	DAM/UCD Starts & Turns Clinic Cost: \$20 for DAM members. \$25 for deck entry.
May 1	DAM/UCD Taper Clinic Cost: \$20 for DAM members. \$25 for deck entry.
13-16	USMS Short Course Nationals @ Tempe, AZ NO DECK ENTRIES! Turn in entry with check to Coach Mike by 4/1/94.
27-29	Santa Clara L.C. Invitational NO DECK ENTRIES! Turn in entry with check to Coach Mike by 4/1/94.

MARCH SWIMMER OF THE MONTH



1620 E. EIGHTH ST.
DAVIS, CA 95616
(916) 756-3850

A Unique & Delightful
Restaurant Featuring
GREEK CUISINE

Delicious Pizza

Catering & Banquet
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Nick & Contilo Pandeleon
Your Hosts

By Lynn Narlesky

Even as an age-grouper at Arden Hills in Carmichael, Candace Cross-Drew admits, "I didn't like cold water." It's no surprise that when the Civic water boiler went on the fritz years ago, Candace was one of the first DAM members to notice.

Her willingness to speak up and get involved has earned her the distinction of Swimmer of the Month and placed her firmly within the core of swimming, service, and fun activities identifying DAM as a premier masters program.

After years away from the sport, ("I ran for exercise, but didn't like it") Candace connected with swimming again in 1978 when a neighbor suggested she join DAM. "I wasn't sure I could swim the whole hour," she recalls.

She finished that first hour, and then jumped right into volunteering with Lake Berryessa finishes, Board membership (as secretary), newsletter contributions, elections, and meet timing.

When not traveling for the California Youth Authority as a research specialist, Candace swims four times a week. "We have a real nice group at 6 P.M.," she says of her lane mates. They enjoy dry times too, including pizza parties and cross-country ski trips. In competition, "the 200 backstroke and the 200 IM are my favorites."

Candace aims always to "do a little better." In the pool, that means adding 50 yards to her hour swim this January. In terms of the club, extra effort involves helping on the personnel committee. DAM thanks Candace for applying her philosophy and spirit to the organization.

This Swimmer of the Month recommends, "Swim the whole hour." Then, Candace adds an echo heard as a child from her Olympic-caliber coach, the late Sherm Chavoor. "Swim all the way to the wall!"

A special thank you to Symposium Restaurant for awarding a complimentary Greek Treat to our Swimmers of the Month..

DAM CONTRIBUTOR MEMBERS

GOLD

**(\$100): Lucille Barry, Rand Schaal, Susan Munn
Gayle and Barbara Benty/Jim Tanner**

SILVER

(\$50): Sally Wood

BRONZE

(\$25): Jean Fritzen, Hiao Ye, Ted Deacon

FINALS Outstanding Performances of the Month



by Michael Collins

Last month we missed giving out an Outstanding Performance, so this month we will recognize two great performances. The Hour Swim results are in and I reviewed them to see who showed the most improvement, both male and female. However, the two greatest achievements were both by women.

The first goes to **Mumulay Brown**, a 6 AM swimmer who transferred from the 10 AM workout. In 1992 she did 2,325. In 1993 she improved to 2,500 and this year she swam 2,855. Her average pace per 100 has dropped from 2:38 in 92, 2:21 in 93, to 2:05 in 94. Her increased distance equaled about 7 minutes of extra swimming! That's over a 10% increase per year!

Julie Jessen, a 7 PM regular, had the most incredible one year increase jumping up from 3,070 in 1993 to 3,550 in 1994. 480 yards further! That's a drop of :19 seconds per 100! Her 93 average was 2:00 & 94 average was 1:41. Neither of these swimmers are "World Class" swimmers or National record holders, but each has made incredible personal achievements that should inspire us all! Be sure to congratulate them the next time you see them.

The FINALS Outstanding Performance of the Month winners receive a free FINALS swimsuit, courtesy of Scott Morris, Promotions Director.

Treasurer's Tips

by Barb Paulson

Is your name on the board? It should be! If it is not, it may mean that something occurred that you are not properly enrolled or re-enrolled. After all of the lists are posted each quarter, you should check to make sure that you are up there. If you have re-enrolled late or are a new member, you should look on the list of late and/or new members within about two weeks of turning in your form and/or check. If you are not up there, you should call me at 756-4234 to find out why. Usually one of two things has happened—either you have made a mistake or I have made a mistake. Either way it needs to be cleared up. There is one list that you don't want to be on—that is the delinquent dues list. Periodically throughout the month, I give the coaches an updated list of people who owe dues. Most people clear it up within the month. A few people don't. There are also the people who have dropped out and I don't know that they have. After their names have appeared on the relatively confidential coaches' lists for the month, I post them on the board. Since a letter or postcard is sent to you to let you know that you are missing dues or forms, your name shouldn't appear on that list unless you have received some sort of notification.

Some swimmers are not aware that there is a priority for getting into the pool, or they know there is one, but don't know where they fit in. People who have been assigned to the workout (check the list on the board if you are unsure) have first priority. Except under very rare conditions, everyone who is assigned should be able to get in. Next people who are unassigned according to their priority numbers may get in—this includes first people who either did not fill out a request on their re-enrollment form or were not able to get into their requested workouts, then new members as they have joined. After this those who re-enrolled late (posted on the late member list) have priority, followed by any swimmer assigned to another workout may get in. Last priority for swimming any given workout are people who are visiting, have swimming cards, and are swimming a second workout. At five minutes after the start of the workout, a swimmer loses his priority and the coach puts people into the workout as they arrive. Usually everyone is able to get in, but as the weather gets nicer and more swimmers show up, you should be on time and be aware of your priority for getting in at that workout so that the coaches don't have to ask you to get out to let someone else in.

WELCOME NEW MEMBERS

Christopher Probert	Martha Hoopes
Doug Selmer	Chris Clark
Benjamin Lischner	Tod Clow
Aysha Taff	Jennifer Katcher
Randy Won	John Beaulieu
Chris Gurtcheff	Karen Klonsky
Tomoko Takano	Diana Varcados
Jeff David	Ann Peters
Diane Lockareff	Zeina Asfour
Karla Holland-Scholer	Pamela Tennant
William Fassnacht	Heather Buchanan
Cynthia Meadors	Valerie Beveridge
Iwalani Faulkner	Heather Wilson
Tom Maguire	Ichiro Nishimura
Kelly Buchanan	Kevin Pearsall
Lawrence Glasser	Paul Sorenson
Amy Little	Miguel Santos
Jewel Payne	Philippe Langner
Julia Townsend	Debra Dawson

HAPPY BIRTHDAY!

Stacy Malueg	3/1
Gary Miller	3/2
Barak Maidenbaum	3/2
David Davies	3/4
Regina Chu	3/4
Fran Zeman	3/5
Doug Smith	3/5
Ted Grosholz	3/5
Rand Schaal	3/7
James Martin	3/9
Julie Langston	3/11
Christine Cipperly	3/13
Lisa Bier	3/14
Mickie Hyde	3/15
Mark Applegate	3/19
Ainslie Mackovjak	3/19
Saman Nazarian	3/21
Curt Miller	3/22
Stan Robinson	3/23
Sarah Tighe	3/24
Gayle BonDurant	3/25
Anne Hofmeister	3/26
Don Wilson	3/26
Kendra Ishak	3/27
Karen Klonsky	3/28
Andrew McPherson	3/30
Kelly Buchanan	3/30

pacific
swim & sport

M-F 11-6
Sat. 10-5

2310 J St.
Sacramento, CA 95816
(916)442-7946 FAX 442-1234

DAVIS AQUATIC MASTERS SPECIAL OFFER

All DAM members receive 10% discount on swimming supplies.

•Zoomers

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Suits, caps, goggles plus much more in all the major brands.

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Owned and operated by master swimmers Gayle & Barbara Benty since 1985.

If You Could Support
Davis Aquatic Masters
 Every Time You Pay Your Phone Bill....
 And Save Money Too!

Now You Can! Through Care Network you can save money on your long-distance calling and designate 7% of your long-distance calling to be given to The Davis Aquatic Masters every month.

Here's How It Works

Fill out the residential application below and return it to us.

- If you have a commercial account, complete the business phone number blank on the application so we can show you how your business account can help too.
- If you want a travel card, The Care Network Travel Cards will allow you to call from anywhere in the United States to over 175 countries in the world at any time.
- Remember, there is no charge to participate in this program.

Continue to make your long-distance calls as you always have.

- There is no change in the way you make long-distance calls.
- Simply dial 1+ area code and phone number.

You will continue to receive one phone bill from your local phone company. If for any reason after 90 days you are not satisfied, The Care Network will pay to return you to your previous carrier.

The Care Network Application

I understand that by changing to the 100% Fiber Optic Network that at least 7% of my paid long distance bill will go to help the Davis Aquatic Masters

Customer Information <i>please print</i>					
Name (as appears on phone bill)			Billing Telephone Number ()		Additional Number ()
Physical Address of Telephone (not a P.O. Box)			Local Phone Company		Account Code - 1st 3 numbers after Phone Number ()
City	State	Zip	Current Long Distance Company		Travel Cards are FREE Would You Like One?
I hereby authorize . . .					
YES, I am ready to save money through The Care Network's "Matrix Program". I want The Care Network to arrange for my long-distance services through my local phone company. I understand there is no charge to enroll, and that The Care Network will reimburse up to \$25 any fees my local phone company may charge me for switching my service. I need only send a copy of such charges to The Care Network.					
Name (please print)		Signature			Date
Please contact me at this number with information on how my business can participate. ()			ORGANIZATIONAL I.D.# G453		REPRESENTATIVE I.D.# R834

Please return to 21 Locust Street, Woodland, CA 95695
 For Additional Information Call Laurel King at (916) 666-5674



THE CARE NETWORK is an organization whose goal is to assist the non-profit community in fundraising. THE CARE NETWORK has a long-distance telephone program which allows both our individual and corporate supporters to provide us with an ongoing funding resource with services that they already are utilizing. THE CARE NETWORK long-distance program for individual residential supporters is called "Matrix".

HOW DOES THE PROGRAM WORK?



THE CARE NETWORK provides us with a continual funding source when we enroll you in their residential long-distance phone program.

THE CARE NETWORK will rebate to us, on a monthly basis, 7% of all paid long-distance charges for residential accounts that are on THE CARE NETWORK. This is 7% of the money you already spend for long-distance service.

IS THERE ANY COST TO JOIN THE CARE NETWORK'S RESIDENTIAL PROGRAM?



There is NO sign-up cost or monthly fees! In fact THE CARE NETWORK will reimburse you up to \$25 if your local phone company charges you a fee for changing carriers. All you need to do is simply send THE CARE NETWORK a copy of any such charges.

WHO SENDS ME MY BILL?



You will be billed by your local phone company. This means you will only receive one phone bill each month instead of two.

HOW DO I MAKE LONG-DISTANCE CALLS?



There is no change in the way you make long-distance calls. Simply dial 1 + the phone number.

ARE FREE PHONE TRAVEL CARDS AVAILABLE?



Yes! These cards will allow you to call from anywhere in the United States to over 175 countries in the world at any time; you will still be saving money. You can have as many free Travel Cards as you need.

HOW DO THE CARE NETWORK'S RATES COMPARE?

The average residential call is placed in the evening and lasts approximately 3 minutes. Therefore, the following comparison is based on a 3 minute call placed between 5 P.M. and 11 P.M. on weekdays.

Miles	A.T.&T	CARENET
0-55	\$.39	\$.39
56-292	\$.44	\$.42
293-430	\$.44	\$.42
431-925	\$.45	\$.42
926-1910	\$.45	\$.42

WHAT LONG-DISTANCE CARRIERS DOES THE CARE NETWORK USE?



THE CARE NETWORK uses the long-distance services of three of the four largest long-distance carriers.

WHOM DO I CALL FOR SERVICE?



There are two "800" numbers on each statement you receive, one number is for Service and the other is for Billing Questions.

WHAT IS THE CARE NETWORK GUARANTEE OF SATISFACTION?



If for any reason you're not completely satisfied with THE CARE NETWORK after being on line for 90 days, THE CARE NETWORK will pay to return you to your previous carrier.

HOW DO I PARTICIPATE?



For your residence you should fill out the attached application, completely and return it to us.

If you have a commercial account you should complete the business phone number box on the application, so we can show you how your business account can help.



THANK YOU for your help. By participating in this program, you will be assisting us in achieving our goals.



Brett's

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IN UNIVERSITY MALL Davis • 756-SWIM

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DAM SPOKEN HERE

ANNOUNCING "CREATIVE INTERVALS"

*The contest that could change forever the way you
read newsletters.*

DIRECTIONS AND RULES

*Create your own verse, graphic,
cartoon (political or comic), or anecdote.*

Submit to Brett's at University Mall by March 15, 1994.

WINNER WILL BE AWARDED A \$40 GIFT CERTIFICATE

Contest will occur every month as long as there is interest.

Submit as many entries as you want.













Winning entry will be reprinted in this space.

Make size of entry no bigger that 2/3 or this page.

Contest requires participation of at least five different people.

AND REMEMBER: HAVE FUN OUT THERE!

March DAM 1994

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Stroke/IM 2 x (4 x 100 IM + 400 IM)	Sprint/Fins Main set: 2 x (3 x 200) #1-50+100+50 #2-4 x 50 @ :15 #3 - Straight 1  DAM BOD Mtg 2	Distance Main Set: 6 x 3:45 interval #1-3: Swim #4-6: Pull 3	Stroke/IM 100+75+50+25 in ea. Stroke Walnut Creek Swim Camp 4	Intensive: 8:30 AM Lap Swim: 11-1 5
Technique 8:30 am Lap Swim 11-1 6	Distance <u>NORCAL SWIMSHOP</u> Swim Suit & Equipment Purchase Day at Civic All Workouts  Timed 1,000 7	Stroke/IM Main set: 2 x (3 x 200 IM) 10 x 100 Free w/ Paddles 8	Sprint/Fins Main set: 8 x 50 Fly @ 1:45 9	Middle Distance Main set: 3 x 500 Broken 10	Stroke/IM 400+300+200+100 Diff. Stroke ea. Dist. + 12 x 75 Odds: Non-Free Evns: Free 11	Intensive: 8:30 AM Lap Swim 11-1 Vintage Masters Meet Napa  12
Technique 8:30 am Lap Swim 11-1 13	Distance Spring Quarter Re-enrollment (thru March 25)  Timed 1,650 14	Stroke/IM Main set: 3 x 200 + 4 x 100 + 5 x 50 Non-Free 15	Sprint/Fins Main set: 4 x 125 Free 3 x 125 Back 2 x 125 Fly 75 build/50 sprint 16	Middle Distance Wear GREEN to Workout. (or get pinched!) ST. PATRICKS DAY  17	Stroke/IM Weak Stroke Improvement 4 x (3 x 50) 18	Intensive: 8:30 AM Lap Swim 11-1 19
Freestyle Videotaping Technique 8:30 am Lap Swim 11-1  20	Distance  Timed 2,000 21	Stroke/IM Main set: 4 x 400 IM Broken 22	Sprint/ Fins Main set: 5 x (200 + 100) Pacific Masters Meeting  23	Middle Distance 2 x 200 2 x 175 2 x 150 2 x 125 2 x 100 2 x 75 2 x 50  24	Stroke/IM Spring Quarter Re-enrollment Deadline  25	Intensive 8:30 am Lap Swim 11-1 <u>Strawberry Canyon Meet @ UC Berkeley</u> Carpools leave Civic @ 7 am  26
Choice Videotaping Technique 8:30 am Lap Swim 11-1  27	Distance 28	Stroke/IM 4 x 200 Broken 29	Sprint/Fins Main Set: 10 x 50 Free w/ Zoomers FASTI 30	Middle Distance Main set: Swim or Pull 5 x 3:45 Interval 31		

Quote of the Month: "The future belongs to those who believe in the beauty of their dreams." -Eleanor Roosevelt



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Davis, CA 95617

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of Directors**

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