

# The **REC** **RD TIMES**

MONTHLY NEWSLETTER FOR THE MEMBERS OF DAVIS AQUATIC MASTERS



Davis Aquatic Masters  
P.O. Box 921  
Davis, CA 95617  
www.damfast.org  
(530) 757-SWIM

MAY 2006

## Coach's Corner

By Head Coach  
Rick Powers

MAY 2006

National Record Highlights DAM Performance at PMS Meet

Pleasanton, April 7-9. Sixty two DAM swimmers strutted their stuff with sparkling swims and the new DAM tattoos at the PMS Short Course Championships. DAM finished in 3<sup>rd</sup> place with 1,402 points, behind Walnut Creek and USF Masters. The 1<sup>st</sup> and 2<sup>nd</sup> place teams had more than twice as many swimmers competing, comprising about 50% of their members, to just 15% of the DAM membership.

Andy Nonaka, Mark Callaghan, Chris Roat and Ben Fell brought real excitement to the spectators, breaking the National Record in the 400 free relay (19-24 age group) with a 3:11.85, well under the old record. Chris even shaved his head for this meet. All four also won individual events.

Other individual event winners for DAM were: Melvin Cabebe, Kim Callaghan, Steve Carlson, Amy Encalada, Sam Grant, Matt Henry, Britta Hult, Lau Choi-Ting, Andy McPherson, Susan Munn, Matt Roper, Martin Walker, Leslie Westergaard and Marissa Wong.

Top 3 in their age groups for the high point awards were: Ben Fell 1<sup>st</sup> (19-24); Andy Nonaka 1<sup>st</sup> and Matt Roper 2<sup>nd</sup> (25-29); Betty Dugan and Leslie Westergaard tied for 3<sup>rd</sup> (60-64); Susan Munn 1<sup>st</sup> (65-69) and Steve Carlson 1<sup>st</sup> (85-89). Congratulations to all!!

Check [www.pacificmasters.org](http://www.pacificmasters.org) for complete results



### UPCOMING EVENTS

**June 3rd:** Berryessa Open Water Swim

**July 7-9:** PMS LC Championships

**June 10th:** DAM Time Trials

**August 4-11:** World Masters Championships at Stanford



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**Lake Berryessa Swim, June 3, 2006: Getting Ready For Our 25th Anniversary  
By Laurel King**

Happy 25th Anniversary Lake Berryessa Swim! If you have not come to the swim, please do this year, as we need you to swim and/or volunteer. We will be celebrating the fact that we have done this DAM swim for 25 years.

We only have a month to prepare and DAM needs your help. Be sure to sign up and volunteer, it's fun and a great way to meet people in the club. You may sign up using our online form at [www.damfast.org](http://www.damfast.org) or by filling out a form at the pool. Save \$10 if you sign up before May 19th.

Special one-of-a-kind commemorative t-shirts, sweatshirts and towels will be available for sale before the event. They are pre-order only so don't depend on getting them at the event.

**Area Coordinator Needed**

**Small Supplies:** This job involves contacting all the area coordinators and asking them if they need small supplies (pencils, pens, markers etc). Then, you must arrive early to the event and distribute those supplies. Valerie Greenough, who has done it for the last several years, is available to train you.

I would like to recognize the current area coordinators for their countless hours of work.

- |   |                                       |
|---|---------------------------------------|
| Sharon Blaha: Sponsors, raffle prizes and lunch     | Barbara Maloy: T-shirts and mugs      |
| Barbara Paulson: help desk                          | Julie Langston: volunteer coordinator |
| Brian Baier: Balloon Arch                           | Bruce & Braley: Food                  |
| Candace Cross-Drew: Timing crew                     | Erica Kegal: Registration             |
| Jack Mills: Signs                                   | John Richards: Signs                  |
| Jamey Wright: Announcer                             | John Constantine: Registration        |
| Kathy Brown: Volunteer check-in/sell past inventory | Karen Olson: Awards                   |
| Leslie Westergaard: Results                         | Chris Tobia: Body Marking             |
| Mary & Stuart Kahn: USA Swimming Reg.               | Susan Meyer: T-shirt sales            |
| Johnny Oliver, Pat Long: Course Setup               | Jim Frampton: Water Safety            |
| Valerie Greenough: Help Desk                        | Rick Powers: Bus Monitor              |
| Scott Harris: Radios                                | Doug Brewer: Set-Up                   |
| Jon Tice: Setup                                     | Pat Thompson: Theme Coordinator       |
| Vince Fong: Parking                                 | Nancy Ottum: Signs                    |
| Doug Taylor: First Aid                              |                                       |

I am looking forward to working and playing with all of you! Support your club and swim!  
Laurel King, Lake Berryessa Race Director



## Workout Schedule

### MONDAY - FRIDAY

Civic Center Pool

Russell & B Street

6:00 am - 7:00 am

7:00 am - 8:00 am

10:00 am - 11:00 am

11:00 am - Noon

Noon - 1:00 pm

1:00 pm - 2:00 pm

6:15 pm - 7:15 pm

7:15 pm - 8:15 pm

### Arroyo Pool

(Monday through Friday)

5:45 am - 7:00 am

### SATURDAY

Civic Center Pool

7:30 am - 8:30 am

8:30 am - 10:00 am

10:00 am - 1:00 pm

(lap swim)

### SUNDAY

Civic Center Pool

10:00 am - 1:00 pm

(lap swim)

### DUES INFORMATION

\$40 per month, due on the 1st

(\$5 late fee added after the 7th)

\$35 for senior swimmers 65 or older.

\$2 fee added to non-automatic withdrawal payments

Make checks payable to DAM and leave in slot at the pool or mail to P.O. 921, Davis, CA 95617

Leave of absence fee is \$2 per month (reserves priority number). Notification must be made to Treasurer by the 15th for leave to take effect in the following month.



## Performance of the Month

**FLEET FEET**  
*Sports*

### Susan Munn and Ben Fell

After an exciting weekend at the PMS Championships in Pleasanton, I chose two swimmers to share the award for May. Susan and Ben made the biggest point contributions to their team at this meet.

I hate to be repetitive but guess who stands out, as usual? Once again, we honor **Susan Munn** for a fantastic performance, amassing 6 first places and 1 second in individual events (65-69 age group). Like fine wine this classy woman just seems to improve more as the years go by. She actually swam faster this year in some events than last year.

Susan has done it all: numerous times All-American and Age Group Swimmer of the Year; National Champion in both pool and open water events, Hawaii Iron Man Age Group winner and several times DAM Swimmer of the Year. Like any outstanding athlete, Susan is always looking for ways to improve and is a coaches delight to work with as well as a role model for so many swimmers on our team.

Our second winner is a relative newcomer to the DAM scene. **Ben Fell** won all 7 events he entered (19-24) and was the anchor leg on the National Record setting 400 Free relay.

When I ask other swimmers to watch Ben swim or when he demonstrates at the stroke clinics, what I always hear is "He makes it look effortless." Ben has one of the smoothest, most efficient freestyles I have ever seen. Besides that he just happens to be a modest, friendly, unassuming person whom you can't help liking. All his new friends in DAM can attest to that.

Ben began swimming at age 7 and continued through high school in Waverly, NY where he began training year-round in the 10<sup>th</sup> grade and was a state finalist his senior year. As an undergrad at Rensselaer Polytechnic Institute, Ben was an All American and a finalist in the 200 free at Division III Nationals. Following a year at Stanford to complete his masters, Ben enrolled at UC Davis and joined DAM in September 2004 where he resumed swimming.

About DAM, Ben said, "a great organization, loves the flexibility of choosing among so many workouts, the relaxed atmosphere, unlike the demanding schedule of college swimming, makes it enjoyable to come to the pool."

DAM salutes Ben Fell and Susan Munn for their performances and great attitudes.



## Welcome New Members!!

David Cruz  
Joseph Garrido  
Michael McLaughlin  
Danielle Neff  
Lisa Petersen  
Matthew Roper  
Vida Vreca-Ponnequin

## Happy Birthday this Month to...



Sandra Aamodt	5/2	Carol Haverstock	5/15
Richard Nelson	5/3	Joseph Biello	5/17
Anna Raber	5/3	Craig Greenough	5/17
Laura DiPalermo	5/4	Chad DeMasi	5/19
John Constantine	5/5	Henry McHenry	5/19
Marianne Hallet	5/5	Barbara Molloy	5/20
Al Wiggins	5/5	Gregg Recanzone	5/21
David Cross	5/6	Candace Cross-Drew	5/22
Robin Gibbons	5/7	Patrick Ward	5/22
Joe Otto	5/7	Nong Chancellor	5/23
Jamey Wright	5/7	Dan Sperka	5/25
Nancy Wright	5/8	Nancy Farley	5/26
Ed Branam	5/9	Vincent Fong	5/27
Gail Feenstra	5/10	Cathy Carr West	5/27
Peter Huckfeldt	5/10	Kari Wilkinson	5/29
Wendy Kimmel	5/10	Chris Rock	5/30
Elizabeth Mitloehner	5/10	Sarah Chaney	5/31
Molly Nolan	5/10	Sylvia Sensiper	5/31
Eva DoPico-Serantes	5/11	Christine Tobia	5/31
Linda McHenry	5/11		
Sue Palmer	5/11		
Joseph Tenney	5/11		
Julie Veress	5/11		
Carmel Stewart	5/12		
Molly Bishay	5/13		
Bryan Pro	5/13		
Doug Stephens	5/13		
Michael Joyce	5/14		



### OTHER DAM NEWS...

**Summer Long Course Training Schedule** at Schall pool on campus JUNE 13 and 15 one practice from 6:30-8 (no free parking). Normal T/TH evening practices are at Civic.

From June 20-August 3, all T/Th evening practices will be at Schall. They will be 2 one hour sessions at 6:30 and 7:30PM. Swimmers doing the 6:30 are expected to help put in the lane lines and flags 15 minutes before the session and swimmers doing the 7:30 must help to remove the lane lines after practice. There will be no T/TH evening practices at Civic during this period. Swimmers planning on participating in the World Championships should try to make the less crowded 7:30 practice.

**Stroke Clinic Dates:** May 13 - Freestyle, May 14 - Backstroke, June 10 - Butterfly and June 11 - Breaststroke. Clinics are held at Civic Pool from 1:00 - 2:30 PM. Cost is \$3 for DAM members



## Swimmer of the Month

### Laurel King

Laurel King is this month's DAM Swimmer of the Month. Swimming since she was "in her mother's uterus" she has been with DAM for about 15 years. She moved to Davis to attend college at UCD and aside from a short stint in Seattle, has lived here ever since. A resident of Woodland, Laurel owns a company called OutdoorMind which specializes in web services for companies in the outdoor industry. She also owns and operates three web directories: [www.adventuresports.com](http://www.adventuresports.com), [www.bicyletour.com](http://www.bicyletour.com) and [www.outdoorindustryjobs.com](http://www.outdoorindustryjobs.com). Through her fifteen years with DAM, she has been a regular at the 6 am workout and cites the great friends she has made as the reason she keeps coming back. Though she swims mostly for fitness, she has enjoyed competing at various meets while on Rick's international DAM trips. Many members may remember that Laurel was a Swimmer of the Month relatively recently. Why is she receiving this honor again, you ask? Laurel has once again stepped up to be the race director for the Lake Berryessa swim. It is a job she knows well, and will undoubtedly make this year better than ever. Way to go, Laurel!



*Caffè Italia is the proud sponsor of DAM's Swimmer of the Month. Recipients will receive a gift certificate for 2 meals at Caffè Italia*

DAM has 2 health club partners: PEAK PERFORMANCE and PHYSICAL EDGE. Members who join one of these clubs pay \$30 to both DAM and the club, a substantial discount from the regular rates.

#### **PEAK PERFORMANCE**

2795 2nd St. 759-7746

#### **PHYSICAL EDGE**

1970 Lake Blvd, Suite 4, 753-9355



Treasurer's Tips  
By Valerie Greenough

As summer approaches and schedules change, workout choices may also change. If you don't know which workout will be best for you, you can change your request to "unassigned" and swim when you can. If you think you can only swim a few times or you will be gone for more than a few weeks this summer, now is the time to think about going "on leave" for those months.

When you go "on leave" you pay \$2 per month, you will retain your priority number and you can pay \$5 per visit when you do swim. If you choose not to pay the \$2 per month, you will be dropping out and will need to pay the \$5 initiation fee when you start up again in the fall. You may NOT pay for a partial month and be on leave for the rest of the month!

If you would like to change your workout choice for the summer months please notify me by May 15<sup>th</sup> by filling out the Workout Change Form found in the front of the binder at Civic and drop it in the mailbox between the bulletin boards, or by sending an email to [damswim@dcn.davis.ca.us](mailto:damswim@dcn.davis.ca.us).

Those who want to change their status to "on leave" for May need to notify me as soon as possible, either drop me a note in the mailbox at Civic or at DAM, PO Box 921, Davis, CA 95617, or by email at [damswim@dcn.davis.ca.us](mailto:damswim@dcn.davis.ca.us).

Enjoy the sunshine and remember to volunteer for Lake Berryessa and sign up to swim!

**Board of Directors**

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**Coaching Staff**

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Stu Kahn	Christy Richardson
Kim Callaghan	Bryan Pro
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Vivian Snyder	

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**DAM Time Trials**

June 10th at 8:30am at CIVIC

EVENTS:

50 choice

100 non-Free

200 IM

50 choice