



The Record Times

May 1994

Volume V, Number 5

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

Continue to Pursue Your Goals—Holistically

Calling all fair-weather athletes : come out and play! Spring-time means the best workout conditions of the year. Are you all fired up to make swimming a part of your daily routine again? BEWARE of overdoing it, though. If you haven't been regular in your attendance the first few months of the year, you are at risk of becoming sick, injured, or overly fatigued (either physically or mentally) if you increase your yardage or other forms of exercise too quickly. But what does this have to do with your goals, and what the hell does holistic mean?, you ask.

First, your goals. Did you set any fitness goals at the beginning of the year? Studies on setting goals show that people who made specific goals and who told someone else about those goals achieved a highest percentage of their goals. After writing a column on goal-setting in the February newsletter, I received only 25 goal sheets (not a great turnout out of 400 members). I was impressed with those I did receive, though. The goals turned in for the most part seemed objective, reasonable, and positive. Some were even funny. My favorite goal was by Sally Wood; "Long, long, term goal: Swim DAM Brute Squad Meet, stay alive, and finish before everyone goes home." We'll be there for you Sally!

If you haven't turned in any goals it's still not too late. We have blank goal sheets at the pool in the workout binder—just ask for one! For those of you who did set goals, how's it going? Do you remember what they are? (Many turned in their original and I wonder if they kept a copy). Are you actively pursuing those goals? Are you reminding the coaches of what they are?

The best way to achieve goals is holistically—mind & body working together. Goals are achieved through CONSISTENT positive action (however slight it may be) toward achieving the goal. It shouldn't be an "on-again, off-again" thing. Trying to keep motivated mentally and fresh physically is extremely challenging. Yes, there is more involved in achieving your swim-

ming goals than just swimming. You need to be well organized and to plan ahead in other aspects of your life in order to pursue your goals consistently. Do you schedule swimming to coincide reasonably with work, classes, study, or family time? Do you plan to swim at 6 or 7 AM but consistently go to bed after 10 or 11? If you do, you are likely setting yourself up to miss workouts because of physical or mental burnout, causing inconsistent attendance (on-again, off-again pursuit of goals).

Diet is another area often neglected which greatly affects one's pursuit of one's goals. A healthful diet including high carbohydrates and low fat are essential to keeping your motor running clean. How often do you skip a meal during the day and then find yourself weak and unmotivated at practice? Eating healthful meals and snacks regularly will definitely contribute to a more consistent pursuit of your goals.

Finally, your mental attitude can significantly affect your success in attaining your expectation. Do you come to workout prepared to try harder just to kind of drag in with all your other problems and responsibilities weighing you down? I love to hear the excited chat in the locker room of people who did what was asked in workout even though it was especially hard, verses the complaining of those who gave up and got out. Do you get in on time and use the 8-10 minutes before announcements to get in some warm-up, or just stand around on the deck and shoot the bull, complaining about the water temp, or that it is distance day, on even that the sky is blue, anything to avoid getting in? By doing 300-500 yards before the announcements you will be able to swim faster overall for a longer percentage of the workout. You might be more tired at the end of workout, but it sure feels nice with the sense of accomplishment felt from completing a tough workout.

I hope these ideas will help you stay on track to reaching your personal goals and performance potential.

Coach's Column
by Michael Collins

DAM Hours

Workouts

Civic Center Pool

Monday-Friday

6 AM | 11 AM

7 AM | noon

8 AM | 1 PM

10 AM | 7 PM

Community 6 PM

Saturday

Intensive

8:30-10 AM

Sunday

Technique

8:30-9:30 AM

Lap Swim

Civic Center

Saturday & Sunday

11 AM-2 PM

Now Available from Your Coach

1994 DAM Phone Rosters

1994 DAM Short Course Records

1994 DAM Long Course Records

1994 DAM Members Handbook

Scrip Orders Due May 5th

Lap Swim Hours Expanded

In an effort to reduce the crowds at the 11-1 lap swim hours, an hour has been added. Weekend lap swim hours will now be 11-2 instead of 11-1. There was insufficient interest to bring back the 5-6 PM hour. Additionally, it is difficult to schedule a lifeguard for only 1 hour on weekends.

May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Mid Dist.	Stroke/IM	Distance	Stroke/IM	Sprint/Fins	Intensive	Technique
Schedule		Long Course		Long Course			

Intensive & 10 AM Not For Everyone

by Michael Collins

At DAM we strive to meet the needs of our diverse membership. We do this in two ways. One, by offering many opportunities a week to swim, and, two, by offer specialty workouts to meet the specific needs of different members. Examples of this are the Saturday Intensive Workout and 10 AM weekdays.

The Intensive workout is not designed for novice level or fitness swimmers. It is an hour-and-a-half workout designed to condition those athletes who would like to swim a high intensity workout longer than an hour (the length of all of our other coached workouts). However, this workout has become quite popular with several who don't really fit into this category and just look at it as another workout in which they can come in late and leave early. If you would like to swim in the Intensive workout, plan to be there on time (or even a bit early to help with pool covers). The coaches DO give priority to get in the pool and off the wall lanes to those who help out and to those who get in on time. **We will not be continuing to fill the lanes to five people if they are not of compatible ability to make the intervals.** Remember, there are other options to swimming on the weekends, such as 11-2 lap swim, as well as the one-hour Technique workout, 8:30-9:30 on Sundays.

10 AM is another workout time that is being abused by some members. This workout is reserved for the senior swimmers and novice swimmers on the team. We have allowed some others on a space-available basis to fill out the pool. However, **if you are an intermediate swimmer (or above) we recommend that you try to avoid this time.** The extreme speed differences among the seniors really doesn't allow us to put more than 2-3 in a lane together.

Thanks in advance for your cooperation and support in these regards.

WOODLAND LONG COURSE CONDITIONING AT AN INTENSE LEVEL

by Michael Collins

Woodland Long Course Workouts begin Tuesday, May 17th, at 7:15 and will run Tuesdays & Thursdays through the end of July. There is no charge to DAM members for this popular workout because the Board approved the budget to pay for it. However, non-DAM members must purchase a DAM Swim Card for \$20, good for 5 LC Workouts, although it can also be used at other DAM workouts and lap swim (A USMS Card is required!). Arrive by 7:15 to stretch, read the workout, and organize lanes before getting in. This is not like the regular one-hour workouts at Civic. These workouts are designed specifically to condition swimmers for open water events, triathlons, and long course pool events. You will not see much kicking or drills during these 4,500-5,000 meter workouts. These workouts include long, tough swims on tight intervals. Do not plan to spend much time on the wall during these butt kickin' workouts—just be prepared to smoke the competition at the next event!

BERRYESSA SWIM DRAWS NEAR!

by Michael Collins

We are just a few weeks away from the first open water swim of the year—Lake Berryessa on Saturday, June 4th. Last year only 86 DAM swimmers participated. Let's try to break 100 this year! That means YOU should enter! SO WHAT if you are not fast, SO WHAT if you think you are out of shape. Few people in our program could not complete at least the mile swim. No excuses for it being too cold any more. We've added a wetsuit division!

If you absolutely can't swim it, then maybe you can volunteer to help. This is the main event our club runs each year, and it is done entirely by volunteers. Ask not what DAM can do for you, but what can you do for DAM! Call Event Directors Kit Owen (756-4722) or Harry Colvin (756-0878) TODAY to volunteer.

Walnut Creek Quadrathon:

MCPHERSON WINS \$300 IN PRO DIVISION

Andrew McPherson, 47, competing for the Davis Aquatic Masters, took home the \$300 first place prize purse in the male PRO division at the Walnut Creek Quadrathon Swim Meet. The meet consisted of four Freestyle events: 50 Free, 100 Free, 200 Free, & 500 Free.

The pro division was a new concept in which all age groups competed against each other. The winner was the swimmer who came closest to the combined total time of the USMS National records in the four events. McPherson's total time was just 17 seconds over the combined time of the national records. Second place went to Dan Kutler, of Santa Clara, who finished 20 seconds over the combined record total in the 19-24 age group.

Other Davis Aquatic Masters members who participated in the meet were Barry Hulce, John Keppeler, Michael Collins, Emory Haworth, Jennifer Collins, Brian Nabeta, Ken Hong, & Christine Schultz.

Keppeler, a NCAA national record holder in four events from UCD, competing in his first meet for the Davis Aquatic Masters won the 25-29 age group and set new team records in the 50 Free with a time of 22.38, 200 Free with a time of 1:39.75 (just missing the national record of 1:39.38), & 500 Free with a time of 4:41.55.

Haworth set a new team standard of 2:35.86 in the 200 Free.

Program Evaluation

Please fill out the program evaluation in the center of the newsletter and return it to the drop box at Civic Center Pool or to your coach.

The purpose of this evaluation is to get your input on the strengths and weaknesses of the program. The Board of Directors will use the information to improve the program.

Elfrieda Sauers celebrated
her 80th birthday in April!

Next Reenrollment is June 13-24
for Summer Quarter

3 DAM SWIMMERS NAMED AGE GROUP SWIMMER OF THE YEAR

Christine Schultz, Michael Collins, and Andrew McPherson were each recognized as the Pacific Masters Swimming 1993 Age Group Swimmer Of The Year in their respective age groups. The swimmers received awards at the recent PMS Short Course Championships at De Anza College in Cupertino.

Christine Schultz, 22, took the honors in the 19-24 female age group. Chrissy swam in all four courses (Short Course Yards, Long Course Meters, Short Course Meters, & Open Water). She had 16 National Top 10 rankings, including 3 firsts, 11 PMS Top times, placed 2nd in two Open Water events, and set 2 PMS records.

Michael Collins, 28, topped the 25-29 male category for the 2nd consecutive year. Mike raced in all four courses earning 12 National Top 10 rankings and 8 PMS Top Times. Mike won two open water events and took a second in a third event. In addition, Mike set 4 PMS records.

Andy McPherson continued to dominate the 45-49 age group! He raced in Short Course Yards, Long Course Meters, and Open Water. He earned 19 National Top 10 rankings, 15 PMS Top times, won 3 Open Water Events, and set 1 National & 2 PMS records.

CONGRATULATIONS to all of you!

Support Women's Water Polo
 Raising \$ to go to Nationals in Michigan May 13-15
 t-shirts \$15 white or navy
 sweatshirts \$35 navy blue w/yellow ball
 order before May 13th
 send \$ (UCD Women's Water Polo)
 to: Heather Kohler
 2730 Portage Bay East #1508
 Davis, CA 95616

January Coaches' Evaluation

Results are enclosed in this newsletter. Fifty-four people responded. Part of the performance evaluations of Mike and Don were based on these results. The numbers presented show that those of us who responded like the job the coaches are doing, although about a quarter of us would like more analysis of our stroke technique. The percents show an increase in satisfied customers ("enough") regarding question 1. The responses to questions 3 and 4 also show an increase in "yes" votes. Several people commented that they are self-motivated so a "no" to questions 6a-6c is not necessarily negative.

LONG COURSE SEASON

by Michael Collins

There are very few opportunities to swim long course this summer. There are two main meets we plan to attend this year — Santa Clara Invitational (May 27-29) & the PMS Championships in Santa Cruz (July 29-31). Neither of these meets allow deck entries, so be sure to enter early to avoid missing the entry deadline. For Santa Clara the entries are due by May 10th. I have made room reservations at Marianni's Inn (\$68), just two blocks from the pool. Call me if you want one of these rooms or a room-mate.

For the PMS Championships I am making camping reservations at Henry Cowell Redwoods State park in Santa Cruz (just 5 minutes from the pool). I also have names and numbers for the local motels if camping is not your "thang". So far 14 people have committed to going to this meet. I'd love to see at least 20 DAM swimmin' chlorine heads at the meet. (Let me know if your name was omitted)

Jennifer Collins	Michael Collins
Emory Haworth	Joyce Haworth
Ken Hong	Barry Hulce
Andrew McPherson	Susan Munn
Brian Nabeta	Traci Roth
Christine Schultz	Doug Smith
Bill Weber	David Woodruff

1993-1994 Contributor Members

Gold (\$100): Lucille Barry, Rand Schaal, Susan Munn, {Gayle & Barbara Benty and Jim Tanner of Pacific Swim & Sport}, May Ann Williams, Karmel Tate (Double Gold), and Paul Brady

Silver (\$50): Sally Wood

Bronze (\$25): Jean Fritzen, Xiao Ye, and Ted Deacon

FINALS Outstanding Performance of the Month

THE FINALS

Susan Munn

by Michael Collins

Susan Munn is on a rampage! She recently turned 55 and is out to prove that she has found the fountain youth. At the PMS SC Championships at De Anza College, Susan set 8 new DAM team records (200, 2:34.4; 500, 6:45.84; 1000 Free, 14:08.89; 50, 41.82 & 200 Back, 3:03.85; 200 Fly, 3:12.68; 100, 1:22.79; & 200, 3:00.12), and 2 PMS records (500 & 1,000 Free). Most remarkable was that her times in the 200 Back, 100 IM, & 200 IM were the fastest she has done in over 5 years!

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

What Part of No Don't You Understand?!!

Oops, I mean what part of 'Dues are late if received after the 10th' don't you understand? The 10th is the day of the month that comes after the 9th and immediately precedes the 11th. The 10th is still the 10th if it falls on a weekend, during vacation time, or on a National Holiday. Received means in a place where the treasurer can easily get to them. She can easily get to them on the 10th in the P. O. Box, at the drop box at Civic Center Pool, or even at her home. She can not get to the check if it is still in your checkbook—either blank or written out, if it is in your swim bag, in your wallet, or the top item (or any other position) on your pile of things to take care of. Received by the 10th therefore means in the P. O. Box, in the drop box, or otherwise in the treasurer's hands by the first double digit day of the month. Received by the 10th does not mean the check was written on the 10th or even the 9th; it does not mean postmarked by the 10th; it does

Treasurer's Tips by Barb Paulson

not mean sometime during the week of the 10th. Dues are due on the 1st of the month, so DAM is gracious enough to allow you nine more days after that to get your dues in so that you won't have to pay the \$5.00 late fee. What are the acceptable excuses for not getting the check in on time? Few and far between and definitely not on a regular basis.

I mailed about 50 post cards sent out to let people know that their dues had not been received by the 10th of April (in case you've forgotten—that comes just before, and does not include, the 11th). There were about 10 or 15 people who paid dues on the 11th or 12th. Some of those not so convincingly dated their checks as early as April 4th. Sorry, that still isn't early enough! If you have any questions about the policy, please give me a call at 756-4234. Also, if you find that for some reason you will not be able to pay by the 10th, you may call me before the 10th, explain the situation, and the late fee will not apply.

WELCOME NEW MEMBERS

<i>Galina Ermoli</i>	<i>Erin Borden</i>	<i>Elizabeth Bishop</i>	<i>Daniel Promislow</i>	<i>Lionie Wynhoven</i>	<i>Maria Fanelli</i>
<i>Russ Payne</i>	<i>Christine Barr</i>	<i>Jennifer Gerber</i>	<i>Chris Hawks</i>	<i>Apryl Guisaola</i>	<i>Scott Harris</i>
<i>Anna Brockmeyer</i>	<i>Dwayne Lung</i>	<i>Kellie Shaheen</i>	<i>Lori Maloney</i>	<i>Shannon Endicott</i>	<i>Ana Patricia Portil</i>
<i>Michael Fain</i>	<i>Brandon Friedman</i>	<i>Desiree' Colonica</i>	<i>Holly Rubins</i>	<i>Matthew Grahn</i>	<i>Scott Charlton</i>
<i>Kim McCord</i>	<i>Heather Christensen</i>	<i>Jennifer Keltner</i>	<i>Gweilynn Jew</i>	<i>Ulysses Ludwig</i>	<i>Andrew Hinton</i>
<i>Ernie Hoftzyer</i>	<i>Angela Flury</i>	<i>Richard Botello</i>	<i>Mitchell Elkins</i>	<i>Brian Hill</i>	<i>David Funston</i>
<i>Emily English</i>	<i>JoAnne Cox</i>	<i>Debbie Vuong</i>	<i>Christine Hunter</i>	<i>Mark Woerner</i>	<i>Kathleen Francis</i>
<i>Brian Kissell</i>	<i>Sue Harris-Kohlhardt</i>	<i>Ellen Wertheimer</i>	<i>Zhanna Zadourian</i>	<i>Dave Lundmark</i>	
<i>Hazel Putterman</i>	<i>Michael Burns</i>	<i>Richard Rhodes</i>	<i>Tate Birnie</i>	<i>Veronica Mata</i>	

MAY Swimmers of the Month Leslie and Marc Tater

by *Susie Hansen*



*A Unique & Delightful
Restaurant Featuring*
GREEK CUISINE
Delicious Pizza
1620 E. EIGHTH ST.
DAVIS, CA 95616
(916) 756-3850

The May Swimmers of the Month are Leslie and Marc Tatar. Leslie swims at 1:00 PM and Marc swims at noon. They both work out an average of seven days a week and they ride their bikes to workout regardless of the weather. Leslie and Marc met while swimming with DAM in 1983 and were married two years later. They have a daughter, Arielle, who is three.

A former bicycle racer, Marc began swimming as a way of staying in shape during the off-season. He especially likes the "low impact, high output" of swimming. Leslie learned to swim when she was 25 and later joined DAM as a birthday present to herself when she could swim 200 yards without stopping.

They both agree that the best thing about DAM is the camaraderie and support that they receive from their fellow swimmers. In fact, they don't even hang around non-swimmers.

While they don't like to swim in meets, they enjoy helping out at the Lake Berryessa Swim. They do, however swim the Postal Hour Swim each year. The second year the Leslie did the Hour Swim she was still recovering from back surgery that she'd had about a month before the swim. "After that I could never come up with a good enough excuse not to swim."

Marc and Leslie have been swimming with DAM on and off for the last 12 and 14 years respectively. Their "off" times were when they went away to school while Marc got a Teaching Credential at UC Berkeley and Leslie worked on her Master's degree at UC San Francisco, finishing at UC San Diego. While in San Diego, they attended the lap swim at the "Y", which they soon had to get organized. Much to their dismay, their initial times on a 100 yard swim at the "Y" were much slower than they had been in Davis, but it turned out that the "Y's" pool was 30 yards long!

Leslie is now a Family Nurse Practitioner at Davis Community Clinic. Marc is anxiously waiting for a committee member to emerge from the jungles of Trinidad, West Indies, as his is the final signature Marc needs for his Ph.D. in Insect Evolutionary Ecology.

Both of them have brought many people to DAM. Marc's boss, Jim Carey, amazed to find that Marc didn't suffer from afternoon slump, has joined DAM. In fact, Marc's entire entomology lab swims with DAM.

Marc and Leslie will be leaving Davis in August when they move to St. Paul where Marc has a post-doc position at the University of Minnesota. They will be sorely missed, and have begun checking for master's clubs in that area. If nothing else, they can always organize the lap swimmers at the local "Y".

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

DAM PLACES 4TH WHILE BREAKING 40 TEAM RECORDS!

Twenty-one DAM swimmers attended the PMS Short Course Championships at De Anza College, April 15-17, in Cupertino. Davis placed 4th in the final team standings behind USF Masters, Walnut Creek Masters, and Rinconada Masters despite having the 10th largest contingent of swimmers in the meet. This was the highest team placing by DAM at the PMS Short Course Championships in 10 years!

Forty DAM Team Records were set in the meet. Leading the way for the women was Susan Munn who set 8 records in the 55-59 age group, followed by Lisa Strampach (35-39) & Missy Le Strange (40-44) each with 4 records. Gayle BonDurant set 3 standards in the 45-49, and first timer Joyce Haworth set standards in two events in the 55-59 age group. Brian Nabeta led the charge for the men with 6 new standards in the 19-24 male division, while Emory Haworth accounted for 3 in the 55-59. Head Coach, Michael Collins, set two records in the 25-29 age group between split taking assignments. Finally, Ken Hong (19-24), Doug Smith (30-34), and Andy "Taz" McPherson (45-49) each broke one record in their age group. The remaining records came from relays.

Nabeta, McPherson, and Munn each won an elegant high point award in their respective age groups, while Collins and Smith finished 2nd & 3rd in the point standings in their age groups.

PMS Championships

Team Scores

1. USF	5,340
2. Walnut Creek	3,100
3. Rinconada	1,575
4. Davis	1,110.5
5. San Mateo	1,098.5

DAVIS AQUATIC MASTERS COACHES EVALUATION, Jan 1994 (N=54)

1 a. Does your coach provide analysis of stroke with immediate feedback?				
	<u>Not enough</u>	<u>Enough</u>	<u>More than</u>	<u>No response</u>
Mike	20.4%	75.5%	4.1%	(9.2%)
Don	24.0%	72.0%	4.0%	(7.4%)
1 b. Does your coach provide helpful, easy to understand suggestions?				
Mike	8.2%	75.5%	16.3%	(9.2%)
Don	12.0%	74.0%	14.0%	(7.4%)
1 c. Does your coach provide an adequate amount of coaching to you?				
Mike	16.3%	79.6%	4.1%	(9.2%)
Don	22.0%	74.0%	4.0%	(7.4%)
1 d. Does your coach provide visual demonstrations of the strokes?				
Mike	6.1%	75.5%	18.4%	(9.2%)
Don	14.0%	68.0%	18.0%	(7.4%)
2. Does your Coach place you with swimmers of comparable ability?				
	<u>Yes</u>	<u>Yes/No</u>	<u>No</u>	<u>No response</u>
Mike	96.1%	2.0%	2.0%	(5.6%)
Don	94.3%	3.8%	1.8%	(1.8%)
3. Does your coach make you feel welcome at the workout?				
Mike	98.1%	---	1.9%	(3.7%)
Don	100.0%	---	---	---
4. Is your coach respectful and friendly?				
Mike	100.0%	---	---	(3.7%)
Don	100.0%	---	---	---
6 a. Does your coach help your motivation to attend workouts on a regular basis?				
Mike	91.5%	2.1%	6.4%	(13.0%)
Don	83.7%	2.0%	14.3%	(9.2%)
6 b. Does the coach help your motivation to improve your physical conditioning?				
Mike	93.5%	---	6.5%	(14.8%)
Don	80.8%	---	19.2%	(13.0%)
6 c. Does the coach help your motivation to establish and meet personal swimming goals?				
Mike	91.3%	2.2%	6.5%	(14.8%)
Don	71.7%	2.2%	26.1%	(13.0%)
6 d. Does the coach help your motivation to compete in swim events?				
Mike	82.8%	---	17.2%	(35.2%)
Don	48.6%	---	51.4%	(31.5%)
7. If you participated in the videotaping sessions, was the coaching helpful in improving your technique?				
9 a. Was the coaching prior to a swim event helpful?	82.4%	---	17.6%	(66.7%)
9 b. Was the coaching the day of a swim event helpful?	94.7%	---	5.3%	(62.0%)
9 c. Was the post-event coaching for a swim event helpful?	100.0%	---	---	(64.0%)
9 d. Was the post-event coaching for a swim event helpful?	88.9%	11.1%	---	(64.0%)

UPCOMING EVENTS:

May 1	DAM/UCD Taper Clinic
Th May 5	Cinco De Mayo Intrasquad Meet & Fiesta Party 6 PM. Community Pool. 100 of each stroke + 100 or 200 IM. Bring food to BBQ & something to share. Beverages will be provided.
Th-Su 13-16	USMS Short Course Nationals @ Tempe, AZ
94 LONG COURSE MEETS	
May 27-29	Santa Clara LC Invitational Entry deadline MAY 10. NO DECK ENTRIES!
June 10-11	Walnut Creek LC Meet
July 10	Sparks, NV LC Meet
July 29-31	PMS LC Championships @ Santa Cruz Entry deadline July 7. NO DECK ENTRIES!
Aug 25-28	USMS LC Championships @ Buffalo, NY Entry deadline July 17. NO DECK ENTRIES!

94 OPEN WATER SWIMS

Sa June 4	Berryessa 1 & 2 Mile Swim Entries due May 29.
Sat 18	Lake Sonoma 2 Mile
Sun 26	Lake Del Valle 1.5 Mile Swim - Livermore
July 23	Trans Tahoe Relay
Aug 6	Santa Cruz Pier 1 Mile Swim
Aug 13	Donner Lake 2.7 Mile Swim
Aug 21	Lake Del Valle 2 x 1 Mile Relay - Livermore
Aug 27	Russian River 2 Mile Swim
Sept 11	Whiskeytown 1 & 2 Mile Swim

DAM EVENTS

Mon May 30	Memorial Day Relay Workouts. 7 AM, 8 AM, 11 AM, 12 Noon Only Th July 30 DAM Long Course Freestyle Ironman Meet
July 4	Independence Day. DAM BBQ @ (Your house?)
July 17	Donner Lake Triathlon
Aug 20-21	Great North Triathlons - Stonegate Club, West Davis
Sept ?	DAVIS AQUATIC MASTERS 20th YEAR ANNIVERSARY PARTY If you would like to help organize this event contact Gary Miler, 753-3736

Happy Birthday

Avery Godfry	5/1	Ana Portillo	5/15
Julia Townsend	5/1	Janet Kimble	5/16
Roy Sakabu	5/2	Shirley Poffenberger	5/16
Steve Cohan	5/3	Helen Morrison	5/17
Richard Nelson	5/3	Jill Miller	5/18
Katrina Ryan	5/3	Mary Ann Williams	5/18
William Fassnacht	5/4	Henry McHenry	5/19
Dwayne Lung	5/4	Kathryn Hemness	5/20
John Constantine	5/5	Zhanna Zadourian	5/20
Susie Hansen	5/6	Candace Cross-Drew	5/22
Jamey Wright	5/7	Sophia Pagoulatos	5/22
Bonnie Bunting	5/7	Mithcell Elkins	5/22
Nancy Wright s	5/8	Nong Chancellor	5/23
John Yoder	5/8	Nancy Farley	5/26
Ed Branam	5/9	John Williams	5/26
Gail Feenstra	5/10	Cathy Carr West	5/27
Elizabeth Bishay	5/10	Vincent Fong	5/27
Sue Palmer	5/11	Carlene Paris	5/28
Linda McHenry	5/11	Beth Campbell	5/30
Julie Veress	5/11	Sarah Chaney	5/31
Susan Saum	5/12	Chrissy Schultz	5/31
Doug Stephens	5/13	Andrew Hinton	5/31

May DAM 1994

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Technique Workout Lap Swim 11-2 Starts & Turns Clinic at UC Davis 8:30 AM 1	Middle Distance Open Water Prep. 7 x 300 Nationals Prep. 7 x 200 2	Stroke/IM Main Set: 4 x 100 IM 2 x 200 Free 1 x 400 IM 2 x 200 Free 4 x 100 IM 3	Distance Broken 2,500 - a 2,000 - e 1,650 - ir DAM Board Meeting 4	Stroke/IM Last Emerson Intensive Cinco de Mayo Meet Community Pool 6pm Party to follow 5	Sprint/Fins Pull - 4 x 3:20 Interval Swim w/ Zoomers 10 x 100 1-3 EZ Build 4-10 FASTI 6	Intensive 8:30 AM Lap Swim 11-2 7
Mother's Day Technique Workout 8:30 Lap Swim 11-2 8	Middle Distance Main set: 4 x 2:30 4 x 2:25 4 x 2:20 9	Stroke/IM Main Set: 5 x 200 IM Pull 12 x 100 10	Distance Main Set: 4 x 700a 4 x 600e 4 x 500e 4 x 300r 11	Stroke/IM Timed 400 IM -a 300 IM -e 200 IM -i 100 IM -r 12	USMS SC Nationals at Tempe, AZ 13	
Technique Workout 8:30 Lap Swim 11-2 USMS SC Nationals Cont. 15	Middle Distance 6 x 5:00 #1-3 Swim #4-6 Pull 16	Stroke/IM Swim - 3 x (5 x 150) Descending interval Woodland LC Begins 17	Distance Main Set Drafting Practice 18	Stroke/IM Timed 100 Kick Swim w/ Paddles 8 x 125 Woodland LC #2 19	Sprint/Fins 6 x 100 Fast + 200 EZ 20	Intensive 8:30 AM Lap Swim 11-2 21
Technique Workout 8:30 Lap Swim 11-2 22	Middle Distance Modified Countdown to Hell 1 x 2:50 2 x 2:30 3 x 2:10 4 x 1:50 5 x 1:30 23	Stroke/IM Main Set 8 x 2:30 odd's - Free Even's - Non-Free Woodland LC #3 24	Distance 2,000 Challenge 25	Stroke/IM 4 x (4 x 25 + 2 x 125) Woodland LC #4 26	Santa Clara Long Course Invitational 27	
Technique Workout 8:30 Lap Swim 11-2 Santa Clara Invitational 28	Memorial Day Workout Schedule 7 am, 8am, 10 am, & 11 am Only 30	Stroke/IM Woodland LC #5 31				

Quote of the Month: "Next to excellence, is the appreciation of it." – William Makepeace Thackeray



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