

Coach's Column

by Michael Collins

DAM Annual Meeting Highlights

Forty or so DAM members attended this year's meeting/awards/pot luck/pig-out/party. Once again the food was great! Plenty o' chow for the chlorine heads. Isn't it funny how those lazy workouts swimmers can suddenly access sprint cells when the food line forms?

After drinks, food, and socializing, it was time for the presentations. DAM President **Larry Olsen** opened the show with a welcome to all, without campaigning or debating for re-election, or talking of boring club finances — thanks Larry! The "Prez" then recognized several key people in the club with **OUTSTANDING SERVICE AWARDS**. Head Coach, **Michael Collins** was next up. He highlighted the club's success over the last year and spoke of upcoming events and goals to come in '94. Coach Mike also recognized the **Outstanding Competitive Swimmer** of the year. DAM Board member, **Mary Horton**, presented the **Lillian Rowan Award**. Coach Mike returned to the floor to get a little revenge on those swimmers with annoying habits by presenting the hotly contested "**DAM Hall of Shame**" awards.

If you couldn't make this fun event, be sure to mark your calendar now for the next DAM social function—**The DAM Holiday Party, Sunday Dec. 12th at Betty Dugan's house.**

AWARDS

OUTSTANDING SERVICE AWARDS

Outgoing Board Members

Tom McKenna, Larry Olsen,
Charlie Plopper, & Chris Winn

Newsletter Editors

Jennifer Collins & Cathy West

DAM Secretary

Marnelle Gleason

DAM Treasurer

Barbara Paulson

LILLIAN ROWEN SENIOR AWARD

Verne Scott

HALL OF FAME WINNERS

Most Outstanding Competitor

Andrew "The Taz" McPherson

Most Improved Competitor

Greg Johnson

HALL OF SHAME

Biggest Water Temperature Complainer

Biggest Lane Line Puller

Biggest Equipment Geek

Least-likely-to-do-the-warm-up

Rand Schaal

Greg Johnson

Mary Ann Williams

Jennifer Collins

DAM Hours

Workouts

Civic Center Pool

Monday–Friday

6 AM | noon

7 AM | 1 PM

10 AM | 7 PM

11 AM

Community 6 PM

Tuesday & Thursday

Intensive

Emerson 6:30-8:00 AM

Saturday

Intensive 8:30-10 AM

Sunday

Technique 8:30-9:30

Lap Swim

Civic Center

Saturday & Sunday

11 AM–1 PM

NEW BOARD MEMBERS

Jennifer Lundmark

Gary Miller

Susan Munn

Leslie Westergaard

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

Treasurer's Tips by Barb Paulson

If you are a 'fair weather swimmer' and prefer not to swim when the weather gets colder, remember that if you want to go on leave, you should write me a note and include \$2.00 per month of leave. This will hold your priority number and allow you to continue receiving the newsletter. If you drop out and rejoin when the weather warms up, you will need to fill out a new member form and pay the \$5.00 initiation fee.

Some people don't remember from quarter to quarter that they are supposed to re-enroll. Then there are the people who still ask if we don't renew our Pacific Masters Swimming cards in October! We used to, but several years ago, USMS changed their year to the calendar year. So I will give more information next month about re-registering for PMS when we re-enroll for winter quarter.

Verne Scott: 1993 Lillian Rowan Award Recipient

As you enter Civic Center Pool, the Lillian Rowan Memorial, a unique plaque made by Donna Billick, is dedicated in memory of our most chronologically impaired swimmer who died in 1992. Lillian was a delightful lady, encouraging others through example and philosophy. She was involved in DAM activities including swim meets at local and national levels. In 1992 the idea of a plaque memorial and yearly award were initiated. Dorothy Chichester was the first recipient of the award.

The following are excerpts from the letter nominating Verne Scott, the 1993 recipient: He seems to possess all of the qualities the award represents; he has been an enthusiastic DAM member since its founding; he has helped the club by serving as president and as a board member; he also participates in many club functions; he is a very motivated athlete; I have seen him participate and encourage others to participate. For these reasons and more, our 1993 recipient is Verne Scott.

Congratulations Verne!

New phone roster will be available at the pool in November.



Linda Hood

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

NOVEMBER SWIMMER OF THE MONTH by Kit Owen

Almost any Masters swimmer can be described as enthusiastic, but Linda Hood puts a new meaning to the word. I would like to say that Linda was so surprised at being declared the Swimmer of the Month that she was speechless for a moment.

Linda, swimming with DAM a short time, and with no swimming background, has an incredible enthusiasm. She has participated in several meets. Strawberry Canyon was her first meet and she swam on her first relay. She also did the Berryessa Swim which was also very memorable because it was so cold she thought she would drown right then and there. She swears "no Berryessa without a wetsuit" from now on, no matter how geeky she looks.

Linda comes from a completely non-swimming family. She says many of her relatives have drowned. She and her siblings were never allowed to swim. She laughs and says it is all very curious, because the entire family used to pile into a tippy boat so her dad could go fishing. Undaunted and maybe out of self-preservation she decided to learn to swim and did what any level headed neophyte would do.....she joined the high school swim team. What a surprise for the coach as she tried to get across the pool. She did stay in the shallow end.

So what is she doing now? When she is not doing research work on AIDS, part of an attempt to get her PhD (she wanted something more than MD after her name), she is running marathons. She just finished the Portland and will be doing the N.Y. and Honolulu Marathons. She has also been doing triathlons individually and on relay teams.

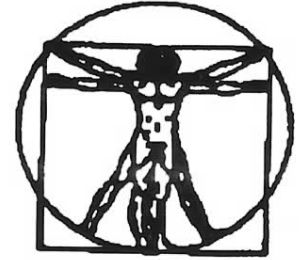
Linda obviously loves life and loves people. She says it is the great people at DAM that keep her coming back time and again. In fact she has had such a positive experience with DAM that she reaches out to recruit new members knowing they too will find a lot of fun and enjoyment swimming with the group. Linda, you are a real inspiration to us all and congratulations for being the November Swimmer of the Month.

A special thank you to Larry Olsen and Cafe California for awarding complimentary dinners to our Swimmers of the Month.

DAM TRIATHLETE OF THE MONTH

Vince Fong

by Michael Collins



**Richard Strohl
Certified Massage
Therapist**

Vince is a strong runner who is quickly improving his swimming and cycling. At the recent Santa Cruz Sentinal Triathlon Vince placed 5th in the 25-29 age group and 13th overall with a time of 1:53. Vince moved up in the bike and run after a decent showing in the swim. Vince ran an impressive 34: for the 10 K. Additionally, at a recent Intensive workout, Vince dropped his lifetime best in the 100 Free from a 1:12 to a 1:03.

The Triathlete of the Month is a new feature in this newsletter and will run through September thanks to the donation of Richard Strohl, Certified Massage Therapist. Richard is donating a free massage to each month's recipient. Contact him about appointments at 756-5087.

Susan DeYoung, a DAM member since 1991, died in a bicycle accident in Portugal on October 6. She and her husband David were on vacation.

If anyone is interested in making a memorial contribution, they can be made to

**Sierra Club Legal Defense Fund
180 Montgomery Street, Suite 1400
San Francisco, CA 94104**

**Gold, Silver, and Bronze
Contributor Membership Program**

DAM provides more than just a place to swim. It provides a wonderful social atmosphere and a great opportunity to meet new people and to make new friends. This is your chance to give back to the club.

We DAM members want to make DAM the best Masters Swim Team in the world. We encourage all of you who can contribute to this goal to do so. We often ask for your time as volunteers, but now we are asking for more. We need more financial support. DAM has a vision for the future that includes the following goals:

1. Consistently providing many hours for workouts and for lap-swimming
2. Building a DAM Clubhouse at Civic Center Pool
3. Offering Video analysis for swimmers
4. Continuing to provide EXCELLENT DAM social events
5. Funding Relay Entries at major events
6. Maintaining an Emergency Fund
7. Providing Special Equipment

We are asking for your help in meeting these goals. If you make a donation, you will become a "Contributor Member." If you contribute \$100, you will be a Gold Member; \$50—a Silver Member; and \$25—a Bronze Member. Each Contributor Member will be recognized in the newsletter.

DAM's CONTRIBUTOR MEMBERS
GOLD MEMBERS: Lucille Barry, Rand Schaal
SILVER MEMBERS:
BRONZE MEMBERS:

If you would like to become a Contributor Member, please return the following form to the drop box at Civic Center Pool or mail to DAM.

CONTRIBUTOR MEMBER FORM

I would like to contribute \$100 \$50 \$25 to DAM. (circle one)

A. I want to make a specific contribution toward the following goal(s): goal # _____

B. I want my contribution to go into the general fund. _____

NAME _____

(Donations are not tax-deductible.)

Upcoming Events

Sun. Nov. 7 & 28: Video Analysis at Sunday Technique Workout.

8:30 AM. \$6 if you bring your own VHS video tape. \$10 w/o tape. Sign-up at Civic

Nov. 13, 14: PMS Short Course Meters Championships @ Los Altos

All events offered! Entries must be postmarked by Fri. Nov. 5. Sign-up sheet, entry forms and cards are available at Civic. For lodging info contact Coach Mike.

Brute Squad '93: Sunday November 21, 9 AM

Come out, come out, wherever you are - you BRUTE! The tradition continues of completing the three ugliest events in swimming, all in one workout: 200 Fly + 400 IM + 1,650 Free. Join the few, the proud, the stupid, THE DAM BRUTE SQUAD. The cost is \$30 and includes a coveted DAM Brute Squad sweat shirt. Be sure to check the team records for this event in this newsletter.

Postal 6,000 & 1,000 Swim: Tues. Nov. 23. 6:30 AM at Emerson

What a way to finish up the weekday Intensive workouts. Enter the USMS Postal 6,000 Championship. Let's show the country we can handle more than an Hour Swim and win the team title in the 6,000! Relay teams consist of 3 people. Also for those not ready for a 6,000, there is a timed 1,000 option. Relays are made up of 6 people each swimming a 1,000. Entry forms are available from coach Mike.

Davis Aquatic Masters Brute Squad Meet Records (12/92) 200 Fly - 400 IM - 1,650 Free

Age	Group Name	200 Fly	400 IM	1,650 Free	Total Time	Year
19-24	Kristine Dickey	2:30.54	5:05.78	19:00	26:36.32	91
	Darren Dutto	2:10.95	4:34.51	17:35	24:20.46	91
25-29	Anna Scott	2:29.82	5:13.89	19:30	27:13.89	91
	Mark Crosby	2:08.00	4:47.00	18:17	25:12.00	89
30-34	Anna Scott	2:31.55	5:13.62	20:21	28:06.12	92
	Chris Oshiro	2:16.85	4:57.24	20:00	27:14.09	91
35-39	Melissa Beaty	2:38.75	5:29.35	22:05	30:13.10	92
	Jeff King	2:27.79	5:21.00	20:21	28:09.79	92
40-44	Kit Lenz	3:29.00	6:24.00	24:31	34:24.00	90
	Andy McPherson	2:14.00	4:53.00	19:02	26:09.00	90
45-49	Mary Horton	3:52.16	7:34.81	27:21	38:47.97	91
	Andy McPherson	2:17.88	5:02.56	18:56	26:16.44	92
50-54	Susan Munn	3:17.24	6:35.00	23:32	33:29.24	91
	Robert Norris	2:57.95	5:56.00	22:49	31:41	92
55-59	No Female					
	Bill Treguboff	4:32.31	7:34.02	28:38	40:44.71	91
60-64	No Female					
	Cap Thomson	3:34.00	7:41.00	30:23	41:48.00	90

Brute Squad Statistics

	'92	'91	'90	'89	'88
Total Participants	24	21	17	13	12
Female participants	12	10	9	4	1
Male participants	12	11	8	9	11
Club records set	5	7	6	1st Yr	N/A
First timers	0	11	13	N/A	N/A

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	\$6.00
TYR Racetech Antifog	\$8.00

Swim Suits	
Men's Nylon w/ logo	\$20.00
Men's Lycra w/ logo	\$20.00
Women's Nylon w/ logo	\$30.00
Women's Lycra w/ logo	\$40.00

DAM Logo Clothing	
Navy Hooded Sweatshirt	\$30.00
Green polo shirt (100%)	\$25.00
Navy polo shirt (50/50)	\$15.00
Navy T-Shirt w/ white	\$10.00
(1-800-DAM-FAST)	

FINALS

Outstanding Performance of the Month

by Michael Collins

THE FINALS

Stephanie Koop

Stephanie is a new name in DAM swimming. She only joined DAM a few months ago, and she had not competed in several years. Well no one at the Sacramento Pentathlon could tell! Seeded in the outside lanes for her events, as the slowest qualifier, Stephanie blasted her 25-29 competition out of the water in the 50 Fly, 50 Free, & 100 IM. (see Sac Pentathlon Results in this newsletter). Her times in the Fly and Free were the second fastest in the meet only to multi-world record holder Laura Val. She did show her inexperience though, by failing to enter all 5 events in the pentathlon, and lost her shot at taking the overall title—"ROOKIE"

Stephanie just aged into a new age group, so we look forward to Stephanie "Sprint Momma" Koop tearing up the 30-34 year-old s in the years to come.

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

DAM DOMINATES SACRAMENTO PENTATHLON

by Michael Collins

Twenty-two DAM swimmers converged on the campus of Jesuit High School in Sacramento on October 3rd for the popular Sprint Pentathlon Meet—a 50 of each stroke plus a 100 IM. DAM consistently put 3-4 swimmers (out of six) in the fastest heat. The men's race was especially exciting with 3 DAM swimmers fighting it out for the first overall title — **Chris Morgan** (19-24), **Doug Smith** (30-34), & **Andy "The TAZ" McPherson** (45-49). Going into the final event, the 100 IM, less than seven-tenths of a second separated the three. When the splashing died down, and the smoke cleared at the end of the meet, Doug Smith came up the overall winner, showing the best balance between "youth & skill", and "age, cunning, & deceit". In all, DAM swimmers walked out with much of the hardware, taking seven pentathlon age group titles:

19-24 W Chrissy Schultz
 30-34 W Christine Chichester
 45-49 W Gayle BonDurant
 19-24 M Chris Morgan
 30-34 M Doug Smith
 40-44 M Tom McKenna
 45-49 M Andy "TAZ" McPherson

Remember SCRIP Orders

Name	Age Grp	50 Fly	50 Bk	50 Br	50 Free	100 IM
Christine Schultz	19-24	29.54	31.20	35.34	27.83	1:06.56
Aimee Tannehill	19-24	32.15	32.52	40.81	28.98	1:14.50
Margrethe Maithisen	19-14	34.12	37.28	43.48	30.78	1:18.41
Stephanie Koop	25-29	28.98	---	---	26.0	1:09.09
Christine Winn	25-29	32.63	34.21	38.03	29.05	1:11.62
Christine Chichester	30-34	28.95	31.34	35.38	27.01	1:06.62
Lisa Strampach	30-34	33.50	37.43	41.50	32.22	1:17.90
Linda Hood	35-39	48.96	---	---	36.67	1:47.27
Gayle BonDurant	45-49	34.92	41.21	40.73	31.03	1:21.00
Betty Dugan	50-54	39.35	43.56	50.21	32.67	1:31.52

Name	Age Grp	50 Fly	50 Bk	50 Br	50 Free	100 IM
Chris Morgan	19-24	24.42	28.74	29.10	22.46	57.78
Todd Greene	19-24	24.93	28.84	32.8	23.59	1:00.46
Brian Johnston	19-24	26.31	28.85	33.41	25.54	1:01.51
Michael Collins	25-29	26.53	29.75	31.50	23.76	59.14
Eduardo F. Duque	25-29	27.67	33.97	31.90	24.26	1:05.16
Doug Smith	35-39	25.20	27.28	29.20	22.45	57.77
Chazz Hesselein	35-39	30.85	32.99	35.85	25.56	1:09.65
Tom McKenna	40-44	27.14	30.73	30.38	24.69	1:02.01
Andy McPherson	45-49	25.13	26.98	30.29	22.57	58.39
James Frampton	45-49	31.23	36.89	35.41	---	---

Middle Distance Pentathlon October 16, 1993 Civic Center Pool

Name	100 Fly	100 Bk	100 Br	100 Fr	200 IM	Total
1. Mike Collins	1:00	1:05	1:12	:55	2:13	6:25
2. Andy McPherson	:58	1:03	1:15	:57	2:16	6:29
3. Jim Martin	1:11	1:14	1:18	:57	2:32	7:12
4. Liz W. (England)	1:06	1:10	1:32	1:12	2:31	7:21
5. Mark Osland	1:12	1:17	1:15	1:00	2:39	7:23
6. Cini Brown	1:13	1:22	1:22	1:05	2:45	7:50
7. Susan Munn	1:27	1:29	1:38	1:16	3:08	8:58
8. Bea Vohryzek	1:28	1:28	1:45	1:21	3:10	9:12
9. Karen Rosenkilde	1:33	1:36	1:33	1:14	3:35	9:29
10. Paul Teller	1:49	1:43	1:30	1:20	3:34	10:04
11. Melody Herbst	1:40	1:40	1:48	1:28	3:23	10:15
12. Sheri Brown	1:35	1:37	1:45	1:21	3:23	9:41
13. John Wallace	1:29	1:25	1:25	1:16	3:20	8:56
14. Rick Moss	1:44	1:44	1:48	1:32	3:41	10:19
15. Lori Haapanen	1:37	1:40	1:52	1:29	3:42	10:21
16. Ron Addy	1:42	2:19	1:40	1:29	3:55	11:05

Happy Birthday

Erin Robbins	11/1
Erik Vierra	11/1
Kirsten Gilardi	11/2
Reyine Audrey	11/3
Leslie Tatar	11/5
Ann Noble	11/6
Kristin Olsen	11/6
Linda Casillas	11/7
Jonathan Davison	11/7
Sanvay Vepa	11/9
Kim McCord	11/11
Sara Crawford	11/12
James Frampton	11/13
Ken Petruzzelli	11/14
Deborah Sokol	11/15
Jill Spangenberg	11/17
Margrethe Mathisen	11/17
Milt Blackman	11/18
Emily Andrada	11/18
Rick Moss	11/19
Sharon Pinedo	11/20
Anita Whipple	11/20
Marilyn Ruts	11/22
Scott Carney	11/23
Judy Clark	11/24
George Tibbitts	11/25
Joelle Rank	11/25
Karen Galbreath	11/26
Steffi Moss	11/29

WELCOME

359	Kathryn Long
360	Barak Maidenbaum
361	Nancy Mercer
362	David Pyles
363	Greg Drumheller
364	David Schurhoff
365	Jennifer Teramoto
366	Barry Hulce
367	Siobhan Lockhart
368	Lisa Bier
369	Kim McCord
370	Brad Moore
371	William Weber
372	Sanvay Vepa
373	Mary Greaves
374	Mary Wang
375	Linda Herbst
376	Kristina Lugo
377	Avery Godfryd
378	Kelley Dean
379	Patricia Dinas
380	Erik Brown

November DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Stroke/IM Main Set: 4 x 400/300/200 IM Odd's: Broken :15 @ 50's Even's: Straight 1	Distance Main Set: 2 x 1,650/1,500/ 1,200/or 800 #1 Pull Broken @ 500's or 400's #2 Swim Broken @ 100's 2	Stroke/IM DAM Board Meeting 7 PM 3	Sprint/Fins Main Set: 8 x 50 + 4 x 100 + 2 x 200 4	Middle Distance Main Set: 2 x (5 x ??? Free) 1st set @ 2:45 2nd set @ 2:35 5	Intensive Workout 8:30-10:00 AM Lap Swim 11-1 (No More 5-6) 6
Technique Workout Starts & Turns Video taping 8:30 AM Lap Swim 11-1 7	Stroke/IM Main Set: Pulse Plot 7 x 100 @ 1:00 RI Effort: 70%-80%-90%-100% 90%-80%-70% 8	Distance Main Set: Broken 1,650: 3 x (500 + 50) 500's Descend 50's All out! 9	Stroke/IM IM Fest! 10	Sprint/Fins Veterans' Day 11	Middle Distance Main Set: 6 x 300 Odds: 4 x 75 Evens: Straight 12	Intensive Workout 8:30 Lap Swim 11-1 PMS SC Meters Championships @ Los Altos 13
Technique Workout 8:30 AM Lap Swim 11-1 PMS SC Meters Championships @ Los Altos 14	Stroke/IM Main Set: 3 x 100 IM 2 x 200 IM 1 x 300 IM 1 x 300 Fr 2 x 200 Fr 3 x 100 Fr 15	Distance Main set: 3 x 800a/700e/ 600e/400r 16	Stroke/IM Pacific Masters Swimming Meeting 7:30 PM 17	Sprint/Fins Main Set: 10 x 100 @ 1:00 RI Fastest possible average 18	Middle Distance Main set: 3 x (5 x 150) 19	Intensive Workout 8:30 Lap Swim 11-1 TURKEY TROT 5 & 10 K 20
No Technique Workout Brute Squad Meet 9:00 AM Lap Swim 11-1 21	Stroke/IM Main Set: 4 x (3 x 125) 75 Free + 50 Non 22	Distance Last Intensive Workout at Emerson Postal 6,000 23	Stroke/IM Kick/Swim - 8 x 100 1 x 600 Non-Free 10 x 50 Mix 24	THANKSGIVING Limited Workouts: 7,8,10, & 11 only 25	Middle Distance Limited Workouts: 7,8,10, & 11 only 26	Intensive Workout 8:30 Lap Swim 11-1 27
Videotaping Technique Workout 8:30 AM Lap Swim 11-1 28	Stroke/IM Main Set: Kick 3/2 x 200 IM Swim 6 x 200/100 IM 29	Distance Main Set: 4 x 500 Descend to hour goal pace 30				

Quote of the Month: " Oftentime you learn skills in sport more slowly than you would like to. This might cause you to attack and tell yourself you're not good enough. Self criticism is a negative force that creates disharmony with the Tao, the nature." from book, Thinking Body, Dancing Mind



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DAM Board of Directors

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