

## Get Motivated - Challenge A Friend!

Coach's Column  
by Michael Collins

Studies have proven that people who make goals and tell others about those goals are more likely to achieve them. Those who make personal goals but never tell anyone often forget about them or become discouraged for not reaching them.

Now, as winter quickly approaches, it often becomes harder to motivate your BUTT to get to workout regularly. So how about motivating yourself by challenging a friend to a particular goal, any goal, and don't forget to put a booty (ie. spoil taken from an enemy in war) on it for the winner, nothing too elaborate, just something fun. Need some examples? OK, here's a few:

**Example #1:** Michael Collins vs. Jennifer Collins (formerly Blake) Most workouts made in October. Loser pays for dinner at Cafe California and does the laundry or dishes for a week.

**Example #2:** Doug Smith vs. Andy McPherson. Sacramento Pentathlon, lowest overall time wins. Loser buys beer at the Rubicon.

**Example #3:** 11 am workout vs. 12 noon workout in 6 x 1,000 Postal Event. Losers bring winners cookies.

**Example #4:** 7 PM swimmers Rob Mowat vs. Tony Christo at the Brute Squad Meet (200 Fly + 400 IM + 1,650 Free). Loser pays for breakfast at Cafe Italia (Better start swimmin' some Fly guys!).

Now you try. Get together with some swimming buddies and set some challenging, fun goals and work together to achieve them!

## Stroke Improvement Time is Back

Welcome back to school - students and faculty. Time to get back into the stroke of things now that summer traveling is over. October is an opportunity to learn at DAM as well as at UCD. Stroke Improvement Month means we will be putting special emphasis on teaching proper stroke mechanics in a different stroke each week as follows:

Oct 4-9	Breaststroke
Oct 10-16	Butterfly
Oct 17-23	Backstroke
Oct 24-30	Freestyle

If you find yourself particularly weak in one or more strokes, make the extra effort to make it to practice every day of that particular week. We will be breaking the stroke down into small pieces (ie. kick, pull, timing, etc.) to make learning each segment easier. Don't hesitate to ask the coaching staff questions if you don't understand something - we're here to help you learn and improve! Don't miss these great opportunities to work on your weaker strokes. I guarantee your Freestyle will improve if you learn how to swim the other strokes more efficiently.

New and inexperienced swimmers don't forget to come to the fitness lap swimming Classes held Mon-Thur at Emerson. You'll learn a lot in a short time. These workouts put an emphasis on stroke improvement instead of aerobic conditioning.

## DAM Hours

### Workouts

#### Civic Center Pool

#### Monday-Friday

6am	noon
7am	1 pm
10 am	7pm
11am	

#### Sunday

Technique: 8:30-9:30

#### Community Pool

#### Monday -Friday

6:15 pm

#### Intensive

Tuesday and Thursday  
at Emerson Jr High

6:30-8:00 am

Saturday

at Civic Center

8:30-10:00 am

#### Lap Swim

Civic Center

Saturday & Sunday

11am-1pm

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## October Workout Schedule

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





**California**

*Fresh food, California style*

## Mumulay Brown

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

## October Swimmer of the Month Mumulay Brown

Like and artesian well of good will, Mumulay Brown overflows with positive spirit. She loves swimming, her lane mates, the coaches, and Davis Aquatic Masters so much that it shows-you can see her smile while she swims backstroke! Coach Don says, "She's the best." Coach Mike salivates just talking about the cookies that Mumulay has brought to the pool. Mumulay is the Swimmer of the Month for October.

A native of Rangoon, Burma, Mumulay lived with her husband and their two children in Baltimore for four years before moving to Davis in 1990. Both children joined the Aquadarts, and while poolside Mumulay spoke with Coach Mike and Coach Don about swimming with DAM. Mumulay did not know how to swim in 1990, but she joined DAM and

eliminated her fears of drowning with the coaching she received. "Without Mike and Don, I wouldn't be here," she says. Until recently, Mumulay was a weekday regular at the 10 AM workout. Her favorite stroke is butterfly-she likes the feeling of POWER!

Mumulay's favorite workout of the week is sprint day. She wants to swim fast, but for now she can make her feeling of power last only through 50's and 100's. She admits that she needs more strength, more endurance, and better technique to maintain her speed for longer distances. Her only experience with competition was DAM's latest Cinco de Mayo intrasquad meet. She swam the 50 Fly, the 50 Free, and the 100 IM and enjoyed the excitement. Fly was her favorite. Now, at age 42, she is looking forward to improving her stroke-efficiency with more coaching from Mike and Don so that she can compete in more swim meets. Go get 'em!

Mumulay entered the Linda Wool Chef School in Sacramento on September 28th for eighteen months of training as a general chef and as a pastry chef. Coach Mike dreams of perhaps even better cookies! Mumulay switched to 6 AM workout and was delighted that her long-time 10 AM crony, Sally Wood, switched too. Mumulay enjoys being with her DAM teammates, and she always looks forward to swimming. She says, "It brings the best out of people."

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

## DAM ANNUAL MEETING & AWARDS

Come one and all to the DAM annual meeting! For those who don't know about the annual meeting, it is a great opportunity for you to meet swimmers from other workouts, see old friends, talk to your lanemates without getting yelled at by Coach Mike, and to be involved with your club. Basically, it's one of the great parties DAM organizes, well, annually. Who knows, YOU may even be one of the new inductees into the infamous "DAM Hall of Shame". Please have your acceptance speeches ready and, due to limited time, please keep them short.

**When:** Sunday October 17

**Where:** Veterans' Memorial Building, Club Room

### Schedule of Events:

Voting/Social 6-7:30 PM

Eating: 7:30-8:30 PM

Awards/Election Results: 8:30-9:00 PM

**Format:** Pot-luck Dinner. Please bring your own plate and silverware, plastic or otherwise, and a dish to share according the following suggestions:

A,B,S-Z	Main Dish
C-K	Salad
L-O	Dessert
P-R	Bread or Munchies

The Club will provide beverages and glasses.

## Exercise Builds Big Babies

From *Science News* Vol. 144, p36,  
7/17/93

Many physically fit women can exercise vigorously throughout pregnancy, a new study suggests. Not only does working out retain fitness, but it also helps produce bigger babies, the research shows. And that can be good news, because larger babies tend to weather physical adversities better.

Maureen C. Hatch and her co-workers at Columbia University in New York City observe that most studies of prenatal exercise have focused on occupational activities, which often require unnatural or repetitive motion that can strain the body. The Columbia team instead looked at recreational exercise, which tends to be rhythmic and build fitness.

In the just-released May 15 AMERICAN JOURNAL OF EPIDEMIOLOGY, they report that women who regularly burned up to 1,000 calories per week in recreational pursuits delivered babies weighing about 5 percent more than babies of inactive moms. Those who burned 2,000 calories per week gave birth to infants nearly 10 percent heavier. A total of 462 suburban and rural women participated in the study.

The American College of Obstetricians and Gynecologists recommends that pregnant women limit the type, intensity, and duration of exercise; how much depends upon a woman's fitness prior to pregnancy and the presence of obstetrical risk factors. Hatch says her data suggest that these guidelines may be overly stringent for fit women at low risk of problem pregnancies.

## Free T-Shirts

That's right! You are eligible for a free DAM T-shirt whenever you recruit a new member for DAM. Just make sure that the new member writes your name on the enrollment form in the space provided. Make sure that we know that they heard about our great club from you!



## Treasure's Tips by Barb Paulson

Last month, I encouraged you to participate in the grocery store fundraiser. We did have more people than before, but a lot more of our swimmers could be participating. Although I don't have the final figures available for the month, we probably made over \$200.00 for the capital improvement fund. I have tried to keep some certificates ahead so that I can fill orders in the middle of the month, you should get the checks and orders to me during the first few days of the month so that I can get the orders to the Aquadart representatives in time for them to place their orders. Please use the order forms at the pool or the form in the newsletter.

## OCTOBER BIRTHDAYS

Susan Munn	10/1
Heather Wright	10/1
Wendy Yoder	10/2
Barbara Mathews	10/2
Margaret Turano	10/3
Susan DeYoung	10/5
Greg Rippengale	10/5
Cath Sallenave	10/6
Donna Billick	10/6
Ann Slavin	10/7
Toni Horton	10/7
Art Krener	10/8
Derek Merrill	10/8
Carol Davis	10/8
Peggy Kerstetter	10/9
Margaret Smiddy	10/10
Cary Craig	10/10
Cathy Toft	10/11
Matt Browning	10/11
Maggie Larsen	10/12
Katharina Billups	10/14
Jack Hicks	10/15
Michelle Stevens	10/19
Chris Bruhn	10/20
Kirk Freeman	10/21
Tom Martens	10/24
Diane Davis	10/26
Craig Harris	10/26
James Carey	10/26
Russell White	10/27
Penny Brothers	10/27
Chazz Hesselein	10/28
Mike Catlin	10/28
Jerome Dengate	10/28
Stephanie Koop	10/28
Brian Fisher	10/29
Barb Paulson	10/30
Lucille Barry	10/31

## Outstanding Performance of the Month

### THE FINALS



### Ann Motekaitis

by Michael Collins

Ann Motekaitis receives this month's award for her exceptional performance in the Whiskeytown Lake 2 Mile Swim on September 12th. Ann decided to take a new method of travel to the event along with three other DAM swimmers — Rand Schaal, Chrissie Chichester, and Chris Morgan. Rand, with a new pilot's licence burning a hole in his pocket, offered to fly the group up to the event. Unfortunately, a stiff north wind picked

up that morning making the trip extra long and bumpy. Running short on fuel, the group had to stop along the way for gas. Both Ann and Chrissie got air sick, although only Ann had to use an "air sickness bag", courtesy of Chris Morgan and one La beau muffin left in the bag. Due to the delays, the foursome made it to the swim with very little time to spare. However, Ann played a good sport and decided to swim anyway since she was sure she wouldn't get sea sick in the swim because she had already used her motion sickness voucher for the day. Ann blasted the swim, finishing as first overall female by staying with the lead pack of men the entire race. Ann finished in the top 10 overall and was less than 10 seconds out of 2nd. Way to overcome hardship, Ann!

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

## DAM—the Future

by Rand Schaal, DAM Vice President

Head Coach Michael Collins and the 1993 Board of Directors (BOD) have a vision for a prosperous future of Davis Aquatic Masters (DAM). First, they want to energize the official statement of purpose of DAM as it is stated in the Bylaws:

*... to promote physical fitness through swimming for all adult members of the community and to promote competition through events open to the community and northern California.*

Coach Collins believes that DAM can be *the best masters swimming team in the world*. He and the BOD have adopted a credo that DAM should strive to offer *the best all-around program for a reasonable price* and to become *the envy of all other masters programs*.

To make this ambitious vision become reality the BOD conferred with Collins throughout the spring of 1993 and ratified a list of prioritized program goals. The aim is that these explicit guidelines will enable the 1993 BOD and those that follow to focus on the same goals. Setting such goals will help motivate the members of the BOD as well as the coaching staff. The resulting continuity of effort from year to year and from BOD to BOD will create momentum that could make DAM an even bigger success than it is now.

During the meeting on June 2nd the BOD resolved unanimously to adopt the TOP TEN PROGRAM GOALS listed below. Semiannually the BOD will evaluate its progress in achieving these goals, and it will update them at that time. Future BODs will do the same. The BOD and the coaching staff are dedicated to working with you—the DAM members—to achieve these goals. Your suggestions and contributions are welcome.

*Please see Top Ten Program Goals for Davis Aquatic Masters on page 4.*



# Davis Aquatic Masters Board of Directors Top Ten Program Goals

## 1. To Expand Membership & Workouts

- A. Membership Goals Based on Current Status
  - 1. maintain an average of 360 dues-paying members each month
  - 2. anticipate fluctuations from 325 to 400 based on pool-availability
- B. Spring Quarter (April—June): to average 390 members
  - 1. offer 9 daily workouts: 6 am, 7 am, 8 am, 10 am, 11 am, 12 noon, 1 pm, 6 pm, 7 pm
  - 2. offer Intensive Workouts on Saturdays: 8:30 to 10:00 am
  - 3. offer Technique Workouts on Sundays: 8:30 to 9:30 am
  - 4. offer 6 hours of lap swimming on weekend days
- C. Summer Quarter (July—September): to average 340 members
  - 1. offer 7 daily workouts: 6 am, 7 am, 10 am, 11 am, 12 noon, 6 pm, and 7 pm
  - 2. offer Intensive Workouts on Saturdays: 8:30 to 10:00 am
  - 3. offer Technique Workouts on Sundays: 8:30 to 9:30 am
  - 4. offer 4 hours of lap swimming on weekend days
  - 5. offer 2 long course workouts per week: Tuesdays & Thursdays, 7:30 to 9:00 pm
- D. Fall Quarter (October—December): to average 380 members
  - 1. offer 8 daily workouts: 6 am, 7 am, 10 am, 11 am, 12 noon, 1 pm, 6 pm, and 7 pm
  - 2. offer 3 Intensive Workouts on Saturdays 8:30 to 10:00 am and on Tuesdays and Thursdays, 6:30 to 8:00 am
  - 3. offer Technique Workouts on Sundays: 8:30 to 9:30 am
  - 4. offer 4 hours of lap swimming on weekend days
  - 5. offer 4 Adult Fitness Swim Classes per week: Mondays through Thursdays, 6:30 to 8:00 pm
- E. Winter Quarter (January—March): to average 330 members
  - 1. offer 8 daily workouts: 6 am, 7 am, 10 am, 11 am, 12 noon, 1 pm, 6 pm, and 7 pm
  - 2. offer Intensive Workouts on Saturdays: 8:30 to 10:00 am
  - 3. offer Technique Workouts on Sundays: 8:30 to 9:30 am
  - 4. offer 4 hours of lap swimming on weekend days
- F. Possible Improvements
  - 1. have two coaches at more workouts
  - 2. offer more opportunities for video-analysis
  - 2. provided detailed dry-land training program
  - 3. offer a 5 pm workout

## 2. To Improve Fundraising

- A. 1993: Raise \$7,000
  - 1. Berryessa Swim: \$5,000
  - 2. Grocery Store Certificates: \$1,000 (sell \$2,000 per month)
  - 3. DAM Apparel: \$500
  - 4. Care Network (Sprint Customers): \$200
  - 5. others: \$300
- B. 1994: Raise \$10,000 with addition of \$2,000 by soliciting 20 or more Contributor Members to donate \$100 each

## 3. To Build a Clubhouse at Civic Center

- A. Purpose of Clubhouse
  - 1. stretching area, meeting room, and video-analysis area
  - 2. dry-land training equipment
  - 3. office space for coaches
  - 4. equipment storage
- B. Steps to Achieve Goal
  - 1. support from City of Davis
  - 2. fundraising
  - 3. in-kind services

## 4. To Expand Video Analysis

- A. Currently: 1 or 2 times per month at Sunday Technique workout
- B. Goal: 1 or 2 times per month at each workout

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## 5. To Hold Two EXCELLENT DAM Social Events per Year

- A. Currently: Cinco de Mayo Meet & Party; Fourth of July Party; Annual Fall Meeting and Elections; and Christmas Party
- B. Goal: better attendance
  - 1. organize & promote events better
  - 2. possibly cater one event per year
  - 3. possibly add a New Year's Eve Party

## 6. To Increase the Fund to Sponsor DAM Members in Relays at Major Events

- A. Currently: \$600 in DAM budget
- B. Goal: \$1,000 to fund relays such as the Hour Swim, UCD Short Course Meet, PMS Short Course Championship; PMS Long Course Championship, USMS Short Course Championship; USMS Long Course Championship; Trans Tahoe Relay; Coronado Relay; Maui Relay

## 7. To Maintain an Emergency Fund

- A. Currently: \$22,000 in Certificate of Deposit (operating expenses for 3 months)
- B. Goal: be able to cover operating expenses if shut-down occurs and actually make repairs to the Civic Center pool if the City of Davis is unable to do so

## 8. To Expedite the Construction of a 50-meter Pool in Davis

- A. Joint venture between the City of Davis and UCD, or
- B. South Davis Park Project

## 9. To Purchase Special Equipment

- A. Second EZ-Up canopy: \$700
- B. VASA Trainers: \$550 each (after Clubhouse is finished)
- C. New Video Camera: \$1,000

## 10. To Update and Maintain DAM Management Plans and Policies

- A. Keeping binders organized and current: Bylaws, Policies, Management Plan, Employee Contracts
- B. Keep job descriptions of the BOD positions updated

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### DAM's Lake Berryessa Swim A PMS Championship

*by Rand Schaal, DAM Vice President*

The Directors of the 1994 Berryessa Swims, Kit Owen and Harry Coven, have announced that on Saturday, June 4, 1994, Davis Aquatic Masters will host the PMS One-Mile Swim Championship, a Two-Mile Swim and a USS Youth One-Mile Swim. DAM is in the spotlight!

As always, the success of the Berryessa Swims depends on support from the DAM members—to participate in the swims and to volunteer to help run the events. The Berryessa Swims are, by far, the most important one-day moneymakers that contribute to the financial well-being of DAM. So, let's earn a lot of money and keep our dues cheap! Please donate some time to the cause.

Presently, the Directors are working in conjunction with *A Change Of Pace* to obtain sponsorship for awards and for raffle prizes and to recruit volunteers to prepare registration packets. We need your help during October and November to accomplish these tasks: call Kit (756-4722) or Harry (756-0878).

On the Winter re-enrollment form that you will fill out in December, you will find a questionnaire that asks for your assistance on one of the following committees for the Berryessa Swims: Registration Packets, Registration Tables, Water Safety, Parking, Course Set-Up, T-Shirts, Refreshments, On-Site BBQ, and Publicity. The more DAM members who volunteer, the less each person has to do. Join the rest of the gang for a fun-filled time.



## Upcoming Events:

### Videotaping Opportunities

Sun Oct. 24, 8:30 AM Fly or Breast. Sign-up with Coach Mike.

Sun. Oct. 31, 8:30 AM Free or Back Sign-up with Coach Mike.

### Catch Pentathlon Fever in October

In conjunction with Stroke Improvement Month, October will also be Pentathlon Month. A progression through the month will be offered starting out with the **Sacramento Sprint Pentathlon**, a 50 of each stroke + 100 IM, on Sunday October 3rd. Next, try the **Mid-Distance Pentathlon**, a 100 of each stroke + 200 IM, on Saturday October 16th at the Intensive Workout. And finally finish off the month hardcore with the **Distance Pentathlon**, a 200 of each stroke + 400 IM, at the Intensive workout Saturday October 30.

### One More Open Water Swim

Sunday October 17th. 3.5 USMS Mile Championship & 1 Mile Swim at Lake Castaic. Carpools will be leaving Civic at 11 AM on Saturday the 16th, arriving in Valencia in time to spend the late afternoon & evening at Magic Mountain. One night stay at the local Motel 6. Swim starts at 9 AM on Sunday. Be back in Davis for the Annual Awards Party! Ask Mike for an entry sheet and full details. An open water practice session will be held at Berryessa on Sat. Oct. 9.

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

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

### Brute Squad 93 - 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.

### Postal 6,000 Swim - Tues. Nov. 23. 6:30 AM at Emerson

What a way to finish up the weekday Intensive workouts for 1993. 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.

## DAM Triathlete of the Month

### Janet Fawl



Janet Fawl receives this award for her performance at the Canadian Ironman held in Penticton, British Columbia. Her performance was quite incredible considering she developed a running injury weeks before the race and was limited to running only in the pool. Janet kept an optimistic attitude, though, and finished her first Ironman distance race (2.4 mile Swim, 112 mile Bike, 26.2 mile Run) in a very respectable 11 hours and 31 minutes, placing 6th in her age group. Her placing qualified her for the Ironman World Championships in Hawaii at the end of this month!

I have enjoyed watching Janet develop as a triathlete from her first little race in Woodland with a pool swim to an Ironman finisher and World Championships Qualifier. KICK BUTT IN KONA, JANET! The Triathlete of the Month feature is sponsored by Richard Strohl, Certified Massage Therapist. Richard donates a free massage to each month's recipient. Contact him about appointments at 756-5087.

## 6:00PM Workout Changes

For those of you who do not already know, the 6:00 PM workout is being held at 6:15 PM until November 12. After November 12th, the workout will switch back to the 6:00 PM start time. The 6:00 PM workout gets moved, modified, and changed throughout the year. This is inconvenient for our 6:00 PM swimmers. It may appear that "WE" are out to sacrifice the 6:00 PM workout so that everyone else gets to swim when and where they want to. This is not the case. The reason for this is that 6:00 PM is a favorite time for all of the swimming groups. Consequently, there are conflicts over pool access. The City and the Aquatics Council work together to resolve these scheduling conflicts in an equitable manner. At the present time this requires DAM to use Community Pool part of the year, and to start our evening workouts at 6:15 PM rather than at 6:00 PM some of the time. If you are interested in helping with the pool schedules, attend at the Aquatics Council Meetings, which are held quarterly. The dates and times are published in the calendar at the back of the DAM newsletter. The next Aquatics Council Meeting will be held on November 18th, 7:30 PM, at the Community Pool Meeting Room. 6 PMers, thank you for putting up with these inconveniences. At that time schedules for the spring and summer of 1994 will be discussed. If you have any further questions concerning scheduling of workouts, please call me, Tom McKenna at 756-7427

## NEW MEMBERS! WELCOME!!

Stephanie Koop	Erik Vierra	Holly Arvidson
Ryan Pickett	Jan D. Jacobs	Clifton Brady
Richard Nelson	Michelle Stoughton	Nancy Stump
Dana Simon	Ronald Hoogenboom	Aimee Tannehill
Kathryn Long	Barak Maidenbaum	

## PARKA ORDER - DON'T GET LEFT OUT IN THE COLD

Cold winter workouts will soon be upon us. Time to reorder those big warm parkas in royal blue with 4" "DAM" letters on the back. The cost is \$100 which includes your name, tax and shipping. Orders must be turned in by Friday, October 15.

\*\*\*\*\*CutHere\*\*\*\*\*

### DAM PARKA ORDER FORM

COST: \$100 (includes tax, shipping, etc.)

Make Check payable to: Davis Aquatic Masters

DUE DATE: Orders must be placed by Friday Oct. 15

DELIVERY DATE: By Christmas

NAME: \_\_\_\_\_ (as you want it on the parka) (PLEASE PRINT)

SIZE: (please circle one)

S	M	L	XL	XXL
Ht. 5'0"-4"	5'4"-8"	5'8"-6'0"	6'0"-6'3"	6'3"-6'6"

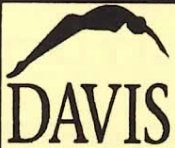
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October DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Distance	Intensive Workout 8:30 AM Lap Swim 11-1, 5-6
No Technique Workout Lap Swim 11-1, & 5-6	Distance	Stroke/IM	Sprint/Fins	Middle Distance	Stroke/IM	Intensive Workout 8:30 AM Lap Swim 11-1, 5-6
Sacramento Pentathlon Meet	Breaststroke Improvement Week Civic closed for repairs - workouts at Menor					
			DAM Board Meeting			
Technique Workout 8:30 Lap Swim 11-1, & 5-6	Distance	Stroke/IM	Sprint/Fins	Middle Distance	Stroke/IM	Intensive Workout 8:30 AM Mid-Distance Pent. 100 of ea. + 200 IM
	Butterfly Improvement Week Civic Closed thru the 17th - Workouts at Menor					
	Columbus Day					Lap Swim 11-1, 5-6
3.5 Mile USMS Championship at Lake Castaic	Distance	Stroke/IM	Sprint/Fins	Middle Distance	Stroke/IM	Intensive Workout 8:30 AM Lap Swim 11-1, 5-6
	Backstroke Improvement Week					
DAM Annual Awards 6:30 PM						
Technique Workout & Videotaping 8:30 Lap Swim 11-1, & 5-6	Distance	Stroke/IM	Sprint/Fins	Middle Distance	Stroke/IM	Intensive Workout 8:30 AM Distance Pentathlon 200 of ea. + 400 IM Lap Swim 11-1, 5-6 Time Change "Fall Back"
	Freestyle Improvement Week					
			7:30 PM			
Tech. & Videotaping 8:30 AM Lap Swim 11-1 (No more 5-6) (Don't forget time change) Halloween						

Quote of the Month: "Do not let what you cannot do interfere with what you can do." — John Wooden, College Basketball Coach



**DAVIS**  
AQUATIC MASTERS

P.O. Box 921  
Davis, CA 95617

Marnelle Gleason  
1207 Caribou Place  
Davis, CA 95616

**DAM Board  
of Directors**

Larry Olsen (P) 758-9644  
 Rand Schaal (VP) 758-2109  
 Mary Horton 756-3361  
 Carol Lawson 753-3209  
 Tom McKenna 756-7427  
 Charlie Plopper 753-7673  
 Christine Winn 758-9560  
**Head Coach**  
 Michael Collins 758-7212  
**Assistant Coach**  
 Don Veress 756-1610  
**Treasurer**  
 Barbara Paulsosen 756-4234  
**Newsletter Editors**  
 Jennifer Collins 758-6736  
 Cathy Carr West 758-3801

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