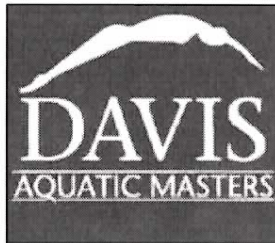


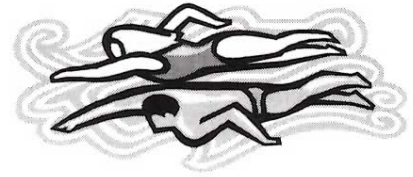
# The **REC** **RD** **TIMES**

MONTHLY NEWSLETTER FOR THE MEMBERS OF DAVIS AQUATIC MASTERS



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

September, 2002



## Coach's Corner

By Head Coach Rick Powers



The days grow shorter. Fall is knocking on our doors again. A new batch of students will arrive soon in Davis.

Many of our student members, gone for the summer, will be returning.

One of the unique things about DAM is the great mix we have of swimmers of all ages. The presence of so many college students makes

everyone feel more youthful and energetic. On Thursday October 3 we will participate in the annual Day on the Quad, an opportunity for our members to promote DAM as the activity of choice for UC Davis students. We need your enthusiastic salesmanship at our table to capture the interest of more potential members. Please join us for a stint by signing up at Civic pool. Talk to Coach Rick for more details. We will have a tented area for our volunteers.

Get out your calendar for October and mark down several more DAM important dates: The **fall stroke clinics** which will help

*(Continued on page 4)*

## President's Column

By Paul Kelly, DAM President

DAM was a prominent presence at the recent public appearance of our new U.S. Congressman Mike Thompson. About 15 of our members joined others from Davis to welcome Mike, enjoy pasta and wine, and present Mike with a special DAM award recognizing his support for the 21st Annual Berryessa Swim.

I am looking forward to seeing many of you at the Whiskeytown September 8 Open Water Swim. It will be a great wrap-up to our summer season!

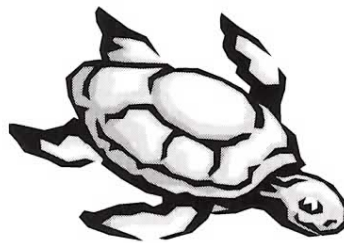
You may have noticed DAM's letter to our Brazilian swim friends in Sao Paulo inviting them to Davis in July 2003. We're looking forward to showing them our little community (15 million people reside in Sao Paulo). DAM swimmers will have just returned from Greece at that time.

Ernie Hoftyzer and I have met with City Manager Jim Antonin a couple of times to explore strategies for keeping our pool rental costs down. We will keep you in-

*(Continued on page 4)*

### What's Inside.....

2. Workout Schedule, Performance of the Month
3. Birthdays, New Members, Board Notes
4. Swimmer of the Month
5. Donner Lake Results, Whiskeytown Info, A Visit from Cap
6. Board Contact Information, Upcoming Dates to Remember



## 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 - 12:00 pm

12:00 pm - 1:00 pm

1:00 pm - 2:00 pm

6:15 pm - 7:15 pm

7:15 pm - 8:15 pm

#### Community Pool

14th & B St.

5:45 am - 7:00 am

### SATURDAY

#### Civic Center Pool

7:30 am - 8:30 am

8:30 am - 10:00 am

(intensive workout)

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.

Make checks payable to DAM and

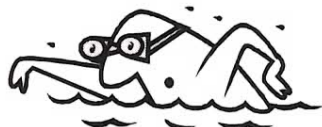
leave in slot at the pool or mail to

P.O.Box 921, Davis, CA 95617

Quarterly re-enrollment is mandatory

(\$2 fee if re-enrollment is late).

Leave of absence fee is \$2 per month  
(reserves priority number)



## Performance of the Month

By Head Coach Rick Powers

One of the things that make my job easier is the unsolicited help I often get from the swimmers. This month's winner, Leslie Westergaard, a past president of DAM, is one of those unselfish people who often volunteers her time for the benefit of the club.

Leslie, the production manager for the Davis Enterprise, has handled hotel reservations for several meets and has been instrumental in getting articles about DAM events and meet results published in the Enterprise, sometimes composing the article herself.

Leslie goes way back in swimming. When she was 13 her dad signed her up for the Fresno Dolphins swim team. All 5 of her siblings swam on the team. She competed through high school but was forced to stop in college because of the absence of competitive programs for women in universities at the time. Leslie trained year round in unheated pools.

It wasn't until 1976 that Leslie resumed training. Her neighbors Lynn and Paul Schroeder introduced her to DAM. Leslie began competing almost immediately but took another long hiatus from competing when her three children began swimming with the Aquadarts. Many of our present members, like Leslie, are parents of former Aquadart swimmers. After her kids grew up Leslie had her

# Leslie

## Westergaard

### FLEET FEET

*Sports*

10% discount at Fleet Feet to  
DAM Members!

weekends intact again and returned to competitive swimming and, in fact, is the reigning Pacific Masters Swimming champion in several events. Leslie is a hard worker in practice and, being a distance swimmer, realizes there are no shortcuts to success in the distance events. Comparing DAM to most other programs, Leslie sees two big advantages we have: the great number of workout sessions available to our members and full time professional coaches.

Leslie is a mainstay at the 6 AM Civic practice and enjoys the wonderful friends she has made through the years at that session including Allison, Cap, Jack, Nancy, Terry and Alex. Leslie's swimming goals are: learning to pace better in her distance events and improving her breaststroke to be more competitive in the IM. My personal thanks go to Leslie for her help and dedication to DAM as a swimmer and volunteer.

PLEASE REMEMBER THAT THERE IS  
**NO DIVING** AT CIVIC CENTER POOL  
DURING WORKOUTS!!







## Happy Birthday this Month to...



Patti Gay	9/1
Cliff Dimond	9/1
Erin Reid	9/2
Carolyn Thomas	9/4
Carrie Coit	9/4
Cathy Shannon	9/4
Glen Nuckolls	9/6
David Bressler	9/7
Michael Casey	9/7
Mark Lavandovsky	9/7
Hal Linebarger	9/8
Scott Harris	9/9
Diane Barrett	9/11
Doug Calvert	9/11
Celeste Chamberland	9/12
George Sibley	9/14
Pieter Stroeve	9/15
Dirk Holstege	9/15
Seana Burke	9/17
Michael Webb	9/20
Karen Spatz	9/20
Rick Powers	9/20
Mary Burke	9/21
Brian Charn	9/21
Brad Winsor	9/22
Jean Rissman	9/22
Claudia Greco	9/23
Julie Foster	9/25
Ernie Hoftzyer	9/26
Kerry Halsted	9/27
Dale Paige	9/27
Heidi Ball	9/27
Lynn Schroeder	9/28
Roger McDonald	9/28
Lee Ann Bailey	9/28
Kathy Brown	9/29
David DeYoung	9/30
Joey Lidgett	9/30
Susan Munn	10/1
Kyle Booth	10/1
Wendy Yoder	10/2
Aysha Taff	10/2



## Welcome New Members!!!

Sarah Fancher  
 Jill Saunders  
 Michael Casey  
 Katie Ravnik  
 Anna Raber  
 Kris Kordana  
 Michelle Johnson  
 Matt Russell  
 Mark Heffernan  
 Nikolas Hoepker  
 Margherita Molnar  
 Doug Calvert  
 Mark Lavandovsky  
 Shari Twidwell  
 April Montoya Vaverka  
 Matthew Marlatt  
 Carissa Kiniery  
 Dru Wittenburg  
 Lisa Hargreaves  
 Daniel Raber  
 Suzanne Horsley  
 Justin Davis  
 Kevan Samsam  
 Candy Wong  
 Joseph Wheaton  
 Rice Jordana  
 Morgan Vaughn  
 Rachel Schwartz  
 Clara Shahalayi  
 Scott Brisbin  
 Bryan Kng  
 Jessica Sheer  
 Karen Charney

**Are you interested in serving on the DAM board?**

We are currently seeking candidates for the upcoming November board elections. If you are interested, talk with one of the current board members or Coach Rick.

## Board Notes

By Anietta Tice, secretary

The DAM Board of Directors held its monthly meeting on Wednesday, August 7, 2002 at 7:00 PM at Paul Kelly's home. Directors Paul Kelly, Curt Miller, Bill Collins, Ernie Hoftzyer, Bill Steuart, Meagan O'Malley, and Britt Howard were present, as were Head Coach Rick Powers, Treasurer Barbara Paulson, Secretary Anietta Tice, and DAM member Roswita Norris.

### Action Items:

1. Approval of June and July meeting minutes.
2. Approval of free membership to all regularly scheduled coaches at head coach's discretion.

### Discussion Items:

1. 2002 Berryessa Swim Community Donation from youth entries. Board to consider members' prior suggestions.
2. Annual evaluations for fall 2002: Questionnaire to be shorter. The timeline for evaluations has been changed from December to September in order for the board to execute a better year-end program evaluation.
3. Congressman Mike Thompson dinner: DAM will be a conspicuous, 15 DAMers will attend, presentation of appreciation award to the congressman.
4. DAM flyers will be posted around UCD this fall.
5. Synopsis of Paul and Ernie's meeting with City Manager Jim Antonin. Another meeting will occur with other city staff. The board will present information regarding increase in pool user fees to Parks and Recreation Commission at its next

*(Continued on page 5)*

# Swimmer of the Month

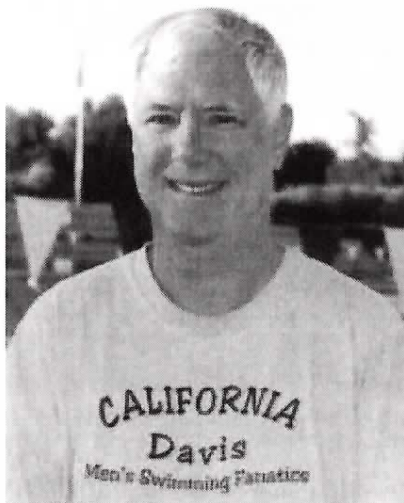
By Bill Collins

Devotees of the summer long course workouts at the Woodland Pool had a good thing going this summer - a fine 50-meter pool with deep, cool, clear water, good camaraderie and a great coach in Rick Henderson. At these 1 1/2 hour workouts, Rick donned his trademark straw hat and cranked up his oldies music before announcing the workout *du jour*.

After 16 years as the senior coach of the Woodland Swim Team, Henderson announced his retirement last year, and the announcement at the summer national championships suggested that Coach Henderson had left his mark on the sport - and vice versa. Rick has been a swim coach since 1964, starting at Sacramento Foothill Farms. A stint in Vietnam provided an interlude in his coaching, and he resumed as an assistant coach under the late Sherm Chavoor at Arden Hills in its heyday of the late '60's, when Mark Spitz trained there and Debbie Meyer and Mike Burton broke world records in practice! He has been ranked highly by the American Swimming Coaches Association, a coveted and highly selective distinction based on multiple criteria, summarizes Rick's achievement.

Now Rick is an assistant coach of the men's and women's UCD swim teams. He'll continue to substitute coach for DAM and plans to be available to resume the summer long course workouts

## Rick Henderson



next summer, whether at the Woodland or new UCD Schaal pool. "There's less pressure in coaching masters," says Henderson. "It's a matter of helping people with their fitness goals - it's more social and a lot of fun."

A life-long Californian and graduate of Sacramento State, Rick played basketball in college. His brother, also a swim coach, is starting a new coaching job in Wisconsin. Rick, the ultimate sports fan, is a gold mine of sports statistics and great stories (ask him about the Dara Torres and Anna Pettis swim-off).

DAM is fortunate to have had Rick Henderson coach our summer workouts, and we salute him as our September Swimmer of the Month. Look for him under his straw hat at a 50-meter pool near us next summer.

(Continued from page 1)

you swim more efficiently will be held **Oct. 19, freestyle; Oct 20, back; Oct 26, fly and Oct. 27, breast.** Location: Civic Pool. Time: 1:00-2:30 pm. Clinics are limited to 50 swimmers per session. There will be a nominal signup fee of \$3.00 per clinic.

We also have 2 swim meets in October. On the 6<sup>th</sup> at **Hickey Pool** here on the UC Davis campus is the **Sprint Pentathlon**. Participants swim a 50 yd. Free, Back, Breast and Fly and a 100 IM. Winners in each age group are determined by adding the times in the 5 events. Low time wins. You may also just choose to swim those strokes in which you excel.

On **Oct. 12-13** we will attend the **PMS Short Course Meters (25-meter pool) Championships** in Walnut Creek. All events are offered. Car pooling will be available. You may attend one or both days. Sign up sheets will be posted at the Civic Pool.

(Continued from page 1)

formed about any developments. The City Manager suggested that we move forward on plans for the Aquatics offices, storage and training facilities building at Civic Pool. This would be a major accomplishment if we can make it happen. The City is committed to providing partial funding. We will, however, have to do some fundraising of our own.

Keep your eyes open for our Annual Evaluation Forms, which will accompany your fall re-enrollment forms. The annual evaluations will now take place in September in order for the board to do a better year-end evaluation of the program.



(Continued from page 3)

meeting.

6. Lillian Rowan Award Committee will be formed with Director Bill Steuart, Coach Rick Powers, and a senior member.

7. **No diving** at Civic Center Pool--need new paint for warning on pool deck.

8. Whiskeytown Open Water Swim--campsite reservations will be made.

9. Cleanliness of Civic Center locker rooms discussed.

10. Two evening workouts will remain at 6:15 and 7:15 at Civic Center Pool indefinitely.

11. The next meeting will be held on Wednesday, September 11, 2002 at 7:00 PM. Place TBA. All members are welcome to attend the meetings.

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A FEW OF THE NEW COLDWELL BANKER LISTINGS: 1. 2 bed/2 bath condo in South Davis for \$255,000. 2. 3 bed./2 bath home in North Davis for \$319,900. 3. 3 bed/2 bath home in North Davis for \$450,000

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## DAM swimmers do it at Donner

Donner Lake, August 11, 2002

**Art Krener** (55-59) and **Lindabeth Schmucker** (45-49), both with 4th place finishes, led a successful DAM contingent in the 2.7 mile Donner Lake Open Water Swim under perfect conditions both in and out of the water. Other top ten finishers were **Ernie Hoftzyer**, 6th (30-34); **Leslie Berry**, 7th (40-44); **Diane Davis**, 8th (50-54) and rookie **Kiby Hornoff**, 10th (25-29). **Birgit Puschner** was 12th (35-39); **Anietta Tice**, 11th (40-44), and both **Will Davis** (50-54) and rookie **Ann Kelleher** (30-34) finished in 20th place in their respective age groups. Congratulations to all!!

### WHISKEYTOWN OPEN WATER SWIM, SEPT 8TH

Are you still waiting to tackle your first open water swim? If that is the case, this is the perfect event for you - the 20th Annual Whiskeytown Lake Open Water Swim! The swim will take place on Sunday, September 8th. As with DAM's own Berryessa swim, you can choose the one-mile or two-mile race or both (for the hearty swimmers).

Why Whiskeytown?

- (1) Idyllic setting - surrounded by mountains and evergreens
- (2) Come camp with us - Saturday night swimming!
- (3) Less swimmers, warmer water and better visibility than Berryessa (Sometimes you can see the bottom of the lake!)
- (4) 2002 PMS Sanctioned event

Sign-up sheets are posted at Civic Center Pool. Please talk to Coach Rick if you have any questions. Let's make this a DAM good event!

A big thank you to **David Davies** for all the wonderful pictures he took at the Lake Berryessa swim. If you haven't seen them, you can check them out on our webpage, [www.damfast.org](http://www.damfast.org)

Thanks to **John Richards** for supplying the photos from the PMS Long Course Championships for last month's newsletter!

The usual quiet splashing of the the 6 a.m. workout was shattered by cheers and whoops of joy on Friday morning, August 9. **Cap Thomson**, long-time Lane 3 swimmer, put in a cameo appearance on deck less than a month after his heart attack and bypass surgery! Sporting a UC Davis Firefighters hat, Cap worked the lanes shaking hands and greeting friends like, well, an elected official on the campaign trail. Though not able to swim yet, he showed off his scar and began to demonstrate the arm movements of his "signature" fly. Immediately, Helen's arm moved out to arrest his demo. We know Cap is eager to be back in the water and we are holding a place for him. In the meantime, our continuing good wishes and congratulations to Cap and Helen on coming through a difficult time. We look forward to seeing you in the water when the time is right.

### Board of Directors

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Meagan O'Malley meaganomalley@yahoo.com

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Steve Morris  
Stuart Kahn  
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### Webpage Design

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### Upcoming Dates to Remember...

**Sept 1:** Dues are due to either the Civic Pool drop box or the P.O. Box (921)

**Sept 7:** Dues received after the 7th are late!

**Sept X-XX:** Re-enrollment for the fall quarter

**Sept 8:** Whiskeytown Lake Open Water Swim

**Sept 11:** Monthly Board Meeting

**Sept 20:** Deadline for submission of newsletter articles

**Sept 21:** Folsom Lake Open Water Swim

**Oct 6:** Sprint Pentathlon, UCD Pool

**Oct 12-13:** PMS Short Course Meters Championships, Walnut Creek

**Oct 14:** Fleet Feet Sale, Civic Center Pool

**Oct 19:** Freestyle clinic

**Oct 20:** Backstroke clinic

**Oct 26:** Butterfly clinic

**Oct 27:** Breaststroke clinic

**Nov 1:** Poolside Board elections

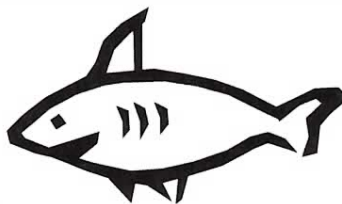
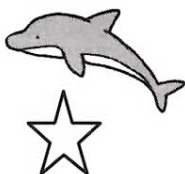
**Nov 2:** Annual Meeting with board elections at Rand's house

**Nov 3:** USOC selects bid city to host 2012 Olympics

### FLEET FEET DECK SALE

On Monday, October 14 our team sponsor FLEET FEET SPORTS will set up a booth at Civic Center Pool from 7am-7pm to sell swim equipment to DAM members. Discounts will exceed the normal 10%. Be sure to bring your checkbook or credit card!

**FLEET FEET**  
*Sports*



### Who Do Ya Like?

Know a good candidate for "Swimmer of the Month?" DAM likes to recognize its members for their contributions to the Club, whether for helping with pool covers or for welcoming newcomers. Just tell Rick Powers or any board member of your suggestion, and the Board will consider it. Remember - this is **not** for swimming prowess - (that's *Performance on the Month*, and Coach Powers makes that selection).

Also, we welcome volunteers to write the Swimmer of the Month column once in a while.