

The **RECORD** **TIMES**

MONTHLY NEWSLETTER FOR THE MEMBERS OF DAVIS AQUATIC MASTERS



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

September
2005

Coach's Corner

By Head Coach

Rick Powers



Coach's Corner, September

After four years of coaching at DAM, I finally attended a USMS National Championship meet. Because of the distance and resulting cost of the trips, only a couple of DAM swimmers had been attending the meets. Finally last month, the proximity of Mission Viejo, near Irvine, made it more attractive and 15 DAM swimmers entered the meet. Boy, there were some fast swimmers from all around the country, as well as Canada and Mexico. Swimmers in their 60's and 70's doing times that are almost incomprehensible.

As for the DAM swimmers, well, they were no slouches, either. Leslie Westergaard, Jane Higgins, Susan Munn and Betty Dugan are National Champions in the 200 medley relay. Andy Nonaka won the 400 meter freestyle. Marissa

Wong, Max Biessmann, Ximena Bustamante, Doug Calvert, Allison Higgins, Nikki Kalaf, Ulrike Kreutzer, Matt Roper, Jillian Silva and Martin Walker all contributed to an 11th place finish overall and 10th in the women's division out of 152 teams. Complete results are on www.usms.org.

Upcoming Dates to Remember:

October 2/Sunday: Sprint Pentathlon at Schall Pool

October 3/Monday: Fleet Feet Annual DAM deck sale at all work-out sessions

October 6/Thursday: Day on the Quad at UCD

November 19, 8:30 am BRUTE SQUAD at Civic Pool. Suggestions for the sweatshirt design are welcome. Contact Coach Rick.

DAM OVERSEAS TRIP 2006

The next great DAM adventure will be to Southeast Asia! I have chosen more exotic destinations for next year's trip. In October 2006 we will visit Singapore, the cleanest, safest city in the world, with a wonderful contrast of ultra modern skyscrapers and old Chinese wooden row houses. We will have a swim meet in Singapore organized by one of my former assistant coaches. Everyone speaks English in Singapore. There are about 70 major areas to shop in this duty free port city.

Next, on to the Philippines, where most people speak English, too, and the President of the Swimming Federation is a close personal friend of mine. He will organize an open water swim near Manila. We will visit Corregidor Island of WWII fame, hike the world famous rice terraces of Central Luzon, visit the unique Chocolate Hills of Bohol Island and swim, snorkel and scuba dive in the warm water off the beaches of Panglao Island. The choice of October was dictated by the rainy season. I will do a presentation with photos and video at the December Holiday Party. Rick

Brute Squad 2005

The Brute Squad event is on Saturday November 19, at 8:30 am at Civic Pool. Suggestions for the sweatshirt design are welcome. Contact Coach Rick

SCHEDULE CHANGES

Due to the date change of the PMS Short Course meter meet to November and possible bad weather at that time, I am suggesting to the swimmers who would like to do a Short Course meter meet that they try the Sept. 25 meet, the Alan Liu Memorial Invitational. The meet is hosted by Mountain View Masters and is on a Sunday. This meet includes 50's, 100's, 200's and 400's in a one day format. Meet information is on the PMS website, as well as at Civic pool.

CIVIC POOL ANNUAL CLOSURE

September 19th through
September 30

All Civic practices will move to Manor pool in Slide Hill Park. Take Covell to Monarch. Right on Monarch and first right again. Pool is on your left.

Hall of Fame

2004 PMS Swimmers of the
Year from DAM

19-24	Matt Roper
25-29	Andy Nonaka
65-69	Susan Munn

PMS Summer Long Course Championships

July 8-10 at Santa Cruz
DAM finished 5th Place out of
50 Teams

High Point Awards: 1st Place
Matt Roper (19-24)
Andy Nonaka (25-29)

3rd Place
Robert Norris (65-69)

Workout Schedule

MONDAY - FRIDAY

Civic Center Pool

Russell & B Street

6:00 am - 7:00 am

7:00 am - 8:00 am

10:00 am - 11:00 am

11:00 am - Noon

Noon - 1:00 pm

1:00 pm - 2:00 pm

6:15 pm - 7:15 pm

7:15 pm - 8:15 pm

Arroyo Pool

(Monday through Friday)

5:45 am - 7:00 am

SATURDAY

Civic Center Pool

7:30 am - 8:30 am

8:30 am - 10:00 am

10:00 am - 1:00 pm

(lap swim)

SUNDAY

Civic Center Pool

10:00 am - 1:00 pm

(lap swim)

DUES INFORMATION

\$40 per month, due on the 1st

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

\$35 for senior swimmers 65 or older.

\$2 fee added to non-automatic withdrawal payments

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

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



Performance of the Month

**FLEET
FEET**
Sports

Marissa Wong

Marissa Wong is the epitome of the new generation of DAM swimmers. Like many UCD students she joined DAM as a freshman upon realizing that she didn't have the time to put in 4 hours a day training with the UCD team and still reach her academic goals.

Marissa first became involved in competitive swimming as a 14 year old when, bored with the school PE classes, she asked her dad's advice and he recommended a swimming team. Initially she didn't plan to compete but her coach insisted and she soon enjoyed it. Joining DAM in 1996, Marissa soon became a substitute coach, as well. During the transition period between coaches in 2001 Marissa held things together, coaching about 20 hours a week for 3 months until I was hired. Shortly after, she moved to Baltimore for a year to continue nursing school and had the unique opportunity to lap swim in the lane next to a young Michael Phelps who was soon to break his first world record.

Marissa was one of our stars at the National Championships this summer but in her estimation her biggest accomplishment was completing the 200 fly in a 50 meter pool and actually feeling strong on the last lap. Competing at Nationals with her teammates this year, whetted her desire to participate in the World Masters Championships at Stanford next summer.

Nurse Marissa really appreciates what masters swimming can do for a person's health and longevity. She said, "It is truly inspiring to see what the older swimmers can accomplish and DAM provides an opportunity to see what the body is capable of at any age." Marissa's memories of Nationals include getting her butt kicked by a 74 year old in her heat and watching a 64 year old woman do 3:34 in the 200 fly. "It was just awesome!"

Masters is all about friendships and the social aspect, as we have all found out. Marissa related how she met lots of interesting women in the locker room at Nationals, all trying to squeeze into their too small Fastskin suits. "You get to know people quite intimately when it's all hanging out and it takes 15 minutes to get it all inside your suit.

Marissa and her DAM fiancé, Andy Nonaka, will be married next year on May 28th. They are planning to make next year's DAM trip to the Philippines and Singapore their honeymoon trip. Talk about committed to DAM!

Welcome New Members!!!

Barrett Kaasa
Japheth Rauscher
Clare Robertson
Grace Ih
Baxter Richardson
Mary Greaves
Christy Richardson
Morgana Bernard
Patrick Ward
Michelle Mar
Talitha Travis
Rebecca Reichardt
Jacy Franceschi
Daniel Gonsalves
Andrea Hermeline
Jordana Jusidman
Steven MacNear
Jennifer Freitas
Stephen Cameron
Ivan Gomez
Grant Aaron

Happy Birthday this Month to...



Patti Gay 9/1
Cliff Dimond 9/1
Elva Diaz 9/3
Carolyn Thomas 9/4
Jonathan Bar-Or 9/4
Peter Jamieson 9/5
Stephanie Hall 9/5
David Bressler 9/7
Hal Linebarger 9/8
Cathy Wenner 9/8
Samantha Grant 9/8
Alexandre T. Bravard 9/8
Scott Harris 9/9
Katja Greve 9/10
Diane Barrett 9/11
Doug Calvert 9/11
Mary Ann Clark 9/11
Andres Rosales 9/13
Pieter Stroeve 9/15
Dirk Holstege 9/15

Kelaine Vargas 9/15
Seana Burke 9/17
Baxter Richardson 9/17
Sarah Teter 9/18
Karen Spatz 9/20
Rick Powers 9/20
Laurie Warren 9/20
Mary Burke 9/21
Brad Winsor 9/22
Andy Nonaka 9/22
Megan Coughlin 9/22
Clare Robertson 9/25
Ernie Hoftzyer 9/26
Jillian Silva 9/26
Leah Akins 9/26
Kerry Halsted 9/27
Heidi Ball 9/27
Lynn Schroeder 9/28
Lee Ann Bailey 9/28
Hans Riegels 9/28
Roger McDonald 9/28
Kathy Brown 9/29
Karen Pesis 9/29
David DeYoung 9/30

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

PEAK PERFORMANCE
2795 2nd St. 759-7746

PHYSICAL EDGE
1970 Lake Blvd, Suite 4, 753-9355

LOOKING FOR MEMBERS TO RUN FOR THE DAM BOARD

Are you interested in becoming more involved in the inner workings of DAM? Do you want to know how decisions are made and have more impact in the club? Well, stop talking about ways to make this club great and become a DAM board member. We are looking for 4 new board members to run for the regular 2 year term and 1 member to run for a 1 year term. Talk to the coaches or current board members if you would like more information.

President's Message

By Doug Brewer

OK. Call me a liar. I had privately said that if DAM raised \$6,000 to \$8,000 for the fundraising/brick sales, we would be doing really well. We exceeded everyone's expectations and ended up raising \$17,900! You swimmers are incredible. Either everyone is very generous or we are all a little narcissistic. Me thinks both.

We had a minor setback in August on receiving our building permit for the Brady Family Aquatics Building. We lost two to three weeks due to problems in obtaining our building permit that were only partly beyond our control. As you read this, if construction has not started, it will shortly. The City will be closing the Civic pool for two weeks in September, which is in the middle of construction – a good thing. Construction is still anticipated to be complete in October – also a good thing. We will be having a building dedication, annual meeting and 30th year celebration on November 12th – a very good thing.

As a reminder, during construction, the civic pool will be open except during the City's annual shut down for maintenance in September. The parking lot entry will be closed for the temporary construction work. Additionally, the contractor and construction people will also block off the first seven parking spaces for use. We will be entering the pool through the locked and rarely used, gate on B Street. The existing shade cover will also be fenced off (and removed) so we will need to enter the pool and run all workouts from the B Street end of the pool during construction. The telephone, first aid cabinet, workout board and mail slot will be relocated temporarily during construction. Please be patient during these temporary inconveniences.

\$10 off for DAM members (First-time clients)

Certified Therapeutic Massage
Swedish/Sports/Neuromuscular
by Zann Gates (DAM member)

- 14 years experience
 - 1000+ hours of training
 - Member Associated Bodywork and Massage Professionals
 - Licensed by the City of Davis
- \$60 per hour - \$50 your first session**



Tired, sore muscles?
Aching shoulders?
It's time to thank your
body for all the hard
work!

Email: zanngates@yahoo.com

Phone: (530) 297-5440

Located 3 blocks from Civic Pool
Stress Reduction - Sports Maintenance -
- Injury Relief -

Swimmer of the Month

Steve Smith

I joined the Masters back in 1987 at the recommendation of one of my patients. I had started into private practice the year before and was interested in finding a way to maintain my fitness in the midst of a very busy life. Over the years, as my family grew to five children, my medical practice increased and my involvement in my church expanded I found that swimming was a great outlet and helped me to have greater endurance for all my pursuits. In short, I got hooked on swimming and have been advocating it for my friends and patients ever since. I think of swimming as an investment - an investment in my health, in my family and in my medical practice. I, by nature of being a Family Physician, am a health educator and I believe it is important to model the behaviors I recommend to my patients. I am convinced by experience and by knowledge of the medical literature that routine exercise is one of the most important activities a person can do in order to improve and maintain physical, mental and emotional well-being. Of course a proper diet and adequate sleep are necessary as well. The Masters program gives me the chance to achieve this in an efficient manner and, at the same time, enjoy the camaraderie of my lane mates and the heightened performance that the coaching staff and my fellow swimmers draw out of me. Though often tempted when tired and stressed to forgo my swim I've learned that there is such a great feeling when I am done that it is always worth it to make the time and plunge in another time!

Thank you to Dr. Steve for being our "unofficial team doc."



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

LOOKING FOR A PROPERTY IN WOODLAND?

Here are two to consider: 1432 Towse Drive 3bedrooms, 2.5 baths offered at \$385,000. Being sold "as is." Perfect for a buyer with handyperson skills.

344 Mt. Whitney Drive 4 bedrooms, 2 baths offered at \$465,000. Wonderful single story home in desirable neighborhood.

Thank you.

***Integrity,
Service & Results
Personified***



Edwin Y. Maeda, REALTOR
Coldwell Banker-DARE
505 Second St., Davis, CA. 95616
(w)530.750.7539
(m)530.220.4520
Website: www.edmaeda.com

Treasurer's Tips

By Valerie Greenough

September has usually been the month for the Fall quarter re-enrollment, since the Board has decided to go to an annual re-enrollment (coinciding with PMS annual registration) ONLY those members who want to change their workout assignment or returning members who were "on leave" will need to submit their top three workout choices to me by September 23rd. Forms to submit the change are at the Civic pool. The updated Fall Workout Assignment lists will be posted at the Civic pool the first week in October.

These assignments will be based on your priority number which was assigned when you joined. Only 40 people will be assigned to each workout (except for the 10am workout where only 35 are assigned). Those who do not have a low enough priority number to be assigned to a workout will be listed as "unassigned". There will be another listing for those members who wish to go "on leave". Any member who is not current on dues will be issued a 900 priority number and therefore unassigned.

Members who are listed as "unassigned" may still swim at any workout, unless more people show up than can be accommodated. At that time the coach may ask you to swim at another workout.

Beyond any workout changes, if you have any changes to your address, email, phone, or emergency information, please let me know by dropping a note in the Civic pool dropbox or sending an email to damswim@dcn.davis.ca.us. Also, if you have not been receiving the weekly email, it means that I don't have your correct address. If you send me an email, I will enter your correct address.



Molly B's Custom Bathing Suits

www.members.cox.net/mbaross

714.838.5198
mbaross@cox.net

12875 Via Aventura
Santa Ana, CA 92705

FALL STROKE CLINICS

All clinics are at Civic Pool from 1:00PM to 2:30PM

Saturday	Oct. 8	Free
Sunday	Oct. 9	Back
Saturday	Oct. 15	Fly
Sunday	Oct. 16	Breast

Clinics are \$3 each for DAM members (\$10 for non-DAM),
prepaid to coaches before you sign up