

## TRAVEL, TRAVEL, TRAVEL,



## MOVE



## News from the City.....

### Vacation

Jennifer and I just returned from a two week vacation. It was the longest I've been away since coming to DAM over 5 years ago. We went to several places in Utah and Colorado. We took our tandem and mountain bikes (and quite a bit more security than on our trip to Oregon). We mountain biked at several beautiful ski resort towns and I even got a few chances to race (See triathlete of the month column).

We camped out a lot but also visited friends in Loveland, Boulder, and Telluride. We had a great time over the two weeks but we did miss swimming regularly. I

only swam in one Masters workout. It was with the Boulder Masters which Jane Scott (Verne & Dots daughter & Dave's sister) coaches. It cost \$3.50 per workout plus coaching fees. We swam 50 meters in a very shallow pool (it made civic look DEEP) with super narrow lanes. We had about 10 people per lane of pretty different ability level. We swam at a few public pools and health clubs, but the conditions weren't much better. In Salida, CO we swam at this indoor pool at about 8,500 ft elevation. The water had to be 90° plus as we almost threw up swimming 100 yards continuously. I settled for a few 25's and then joined Jen in the spa. I get frustrated with our setup here sometimes and then I go away on vacation and realize how good our situation is.

### ASCA Convention

I will be in Washington DC September 6-

11 for the American Swim Coaches Association Clinic. I'm giving a lecture in the Masters Coaches School on Workout Design & Season Planning. I'm really looking forward to talking with other coaches about what they do.

### USMS Convention

After being home for a little over a week, I will be traveling again, this time to Kansas City for the United States Masters Swimming Convention. I am involved with the Coaches Committee as well as Fitness & Long Distance. At the convention rules changes are reviewed and new

projects and ideas are created. A hot topic at the convention will probably be the new time standards for nationals being proposed.

### Moving

Jennifer and I are finally on our own. No more room-mates. Michael Neasham, former DAM Assistant Coach & Rec. Pool Manager, has moved to Stockton to attend pharmacy school at the University of the Pacific. We will miss him but are excited about living by ourselves. Our new place is at 218 J Street (close to downtown!). Drop by some time and say hello. Hopefully it won't be all decked out in pink ruffles by the time I get home from traveling this month! I look forward to spending a lot of time at home and coaching in October (i.e. NO TRAVELING). Have a good month if I don't see you and stay wet.

## Coach's Column by Michael Collins

A number of individuals have expressed concerns regarding the homeless using the Civic Center locker rooms. As a result of these concerns, City representatives were asked by the City Council to meet with representatives from the Masters, Aquadarts, Social Services Commission, and the Homeless Coordinator.

Currently, the restrooms are public and open to anyone. The solution proposed at the meeting involves the installation of fences that will require patrons to enter through the pool area itself in order to enter the restrooms. In doing so, the groups using the pool facility will more easily view traffic to locker rooms. If you would like more information on the proposed solution see Leslie Westergaard, the Masters' representative on the committee.

In the meantime, if any inappropriate behavior is seen, please call the Davis Police Department at 756-3740 and also notify Connie Foppiano at the Parks and Community Services Department at 757-5626. Your input is encouraged and appreciated. Please address your suggestions to Leslie Westergaard.

New developments concerning this issue will appear in next month's Newsletter. Keep an eye out for it!



## Workout and Lap Swim Hours

### Workouts: Monday-Friday Civic Center

6 AM	11 AM
7 AM	Noon
10 AM	7 PM

### Community Pool 6 PM

### Workouts: Saturday Civic Center 8:30 AM - 10:00 AM Intensive

### Workouts: Sunday Civic Center 8:30 AM - 9:30 AM Technique

### Lap Swim: Saturday and Sunday Civic Center 11:00 AM - 2:00 PM

### September Workouts

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

## Pertinent Information

DAM Dues: \$30.00 (\$25.00 for Senior Swimmers 65 or over) monthly due before the tenth of the month

Late Fees: A late fee of \$5.00 is added if dues are paid after the tenth of the month.

Leave of Absence Fee: \$2.00 per month

Re-enrollment each Quarter is mandatory

Late Re-enrollment Fee: \$2.00  
(Next re-enrollment period is Fall Quarter, September 24).

## HOW AVERAGE ARE WE?

by Barb Paulson

Several months ago there was an article in Swim magazine giving some of the statistics of the USMS membership. Of the over 28,000 USMS members, close to 2%

are DAM members. The following chart shows how we differ in age from the general makeup of USMS

	USMS	DAM
20-29 years old*	19.6%	37.8%
30-39 years old	35.9%	28.0%
40-49 years old	24.8%	18.5%

\*My figures also include the 19 year olds.

In USMS there were 59.4% males, while men compose only 43.5% of DAM membership. Men, 80 and over outnumber the women by two to one in USMS. In DAM there are 3 women over 80, but no men. The only age group where men outnumber the women in DAM is the 70 -79 age group, although they are even in the 50-59 age group. Of the USMS members who answered a survey, 24.6% had been swimming more that 30 years. Twenty two per cent had been swimming from 10 to 20 years; 17.5% had been swimming for 1-5 years. Only 4% had been swimming less than a year. This, I assume means swimming in general probably including age group swimming—not just with their current Master's club. One third of the swimmers did not swim with a coach. The majority of the USMS swimmers, almost 2/3 swim either 3 or 4 times per week. Only 1.4 percent swim 7 or more workouts per week. Swim maga-

zine also reported that of the 'swimmers' surveyed 1.4% didn't swim at all! Since DAM had a very poor turnout in a questionnaire with this type of information in it, I won't try to compare DAM to USMS in these areas.

Speaking of statistics, about 25 members forget to reenroll each quarter. There are a few who do it on a regular basis. But most people just forget once or twice during their membership. There are a few people who probably haven't read the new member information and don't listen in the workouts to the announcement, who can honestly say that they didn't know. But most people just don't get the form in on time for whatever reason. So I again remind everyone that the re-enrollment forms will be out by September 12. They are due by the 23rd. Everyone who has joined before September 1st must reenroll during that time. If you have officially been on leave for the month of September, you will automatically be re-enrolled; otherwise a form must be filled out to be reenrolled, and to avoid the 900 half number and the \$2.00 late re-enrollment fee. You may pay dues for the Fall quarter with your re-enrollment form; but each month's dues are not due until the first and they are late if not received by the 10th.

## DAM Program Evaluation Results

By Mary Horton

Only 49 people filled out and turned in the Program Evaluation that were included in the May Newsletter. Unfortunately this doesn't give a good representation of the team. The Board had hoped to be able to characterize the membership. Instead, we can only characterize the median respondent: she is married, 40-44 years old, employed full time at UCD, with a household income of \$50,000 or more, living in Davis, intermediate level swimmer, swimming 3-5 days a week for 1) fitness, 2) mental health, and 3) competition, who has been in the club an average of 7.4 years. She does some volunteering for the club: 1) Berryessa volunteer, 2) buys grocery store scrip, 3) attends social function, 4) sometimes helps with pool covers, 5) has bought Murphy's pizza. She swims at one of the 1) Saturday Intensive workout, 2) Sunday technique

workouts or weekend lap swim, 3) Tuesday/Thursday intensive or Woodland long course workouts 2-3 times as often as she competes. She has no idea what the top-10 goals of the club are.

The comments on the program were positive. Those who responded swim with us because of the camaraderie, good coaching, and variety in the workouts. Most have never swum in another Masters program. Most feel the Board of directors does a good job (all but on of the rest had 'no comment' or 'don't know'). All those who have needed to contact the Treasurer have found her to be pleasant, polite and helpful. More than half don't attend social function.

Anyone wishing to look at the compiled answers to the evaluation may do so. A copy is filed at the pool. Ask your coach to let you see it.





# Why Do We Cheer for Our Teammates?

by John Leornard

American Swimming Magazine April/May 1994

*Swimming is an "individual" sport, right? So who should we cheer for our teammates?*

Each of us will commit all of our intelligence, energy and effort to keep from letting down our friends, and our teammates. If only our own ego or self-esteem is on the line, we can choose to offer less than full effort and still accept it. Yet when we have to "answer to" a group, we commit more fully, and thus perform better. Simply put, the team makes us better people and better athletes.

***.. Each of us dependent to a certain extent, upon the friends in the lane around us, next to us, ahead of us, and behind us, to put in an honest effort every day, if we want to get better.***

Let us look one layer deeper. What does the team do for the individual that makes each of us so committed to it? /why should we "care" so much for the team? If you want a selfish motive, here it is.

We can't improve nearly as effectively without our teammates support. This goes back to the name of our sport, "competitive swimming". To compete is to "strive with". Strive is defined as "to try". With is a "co-operative" word. That is exactly what we do in swimming, we "strive with" our teammates on every repeat, on every set, every day. (Also, with our fellow competitors in swim meets.) We dive in the pool side by side, and swim down the pool and back WITH them. We "compete" in practice every day. As you swim a repeat faster, your friend will swim faster to stay with you. As he swims faster on the next repeat, you work harder to stay with him. Do that repeat after repeat, set after set, week after week, month after month, year after year, and you help each other get better.

Now, what if you didn't "compete"? What if you came to the wall after each repeat and your friend said, "hey Joe, chill out,

no need to swim so hard, lets just cool it". Could you swim the next one harder? Not without alienating your friend, So each of us dependent to a certain extent, upon the friends in the lane around us, next to us, ahead of us, and behind us, to put in honest effort every day, if we want to get better.

Looking at it another way, when the swim in the middle or end of a set is hard, and your buddy is handling it, isn't it easier for you to keep pushing knowing that your friend is handling it, and it doesn't take a superman or superwoman to handle this set?

What if no one else was there? Could you keep pushing? Sharing the load, the effort, halves the work. Doing it by yourself doubles the load. First, you have to convince yourself you CAN do it, then you have to do it.

Your teammates are a critical factor in helping you to improve. Picture how awful it would be to train alone each day....just you and the coach. How much harder to push and keep pushing, and go faster.

Why cheer for your teammates? Because your destination in swimming is completely tied up in their destination, and they are completely "dependent " on your support and effort. You have mutual interests.....your mutual improvement. Every day, in practice or in swim meets, how you do is going to be partly determined by how will those around you do. You have a stake in their success, and they have an important stake in your success.

None of us can accomplish individually what we can accomplish working together as a team. Be a cheerleader.

Besides, its Fun. Enjoy it.



hAPPY



birthdAY



Patti Gay	9/1
Cliff Dimond	9/1
Ann Owings	9/3
David Ferrick	9/3
Erin Mack	9/3
Carolyn Thomas	9/4
Jason Rivers	9/4
Jane Irvine	9/5
Linda Hood	9/6
David Bressler	9/7
Nancy Stump	9/7
Todd Bailey	9/8
Scott Harris	9/9
Cara Hane	9/9
Linda Walton	9/10
Christine Barr	9/12
Margery Hall	9/13
Neil Robinson	9/14
Larry Olsen	9/18
Kathleen Francis	9/18
Mary Burke	9/21
Bryant Sih	9/21
Michelle Velasquez	9/21
Diana Varcados	9/21
Michelle Stoughton	9/22
William Weber	9/24
Julie Kuo	9/26
Michael Fain	9/26
Ernie Hoftyzer	9/26
Kerry Halsted	9/27
Lynn Schroeder	9/28
Roger McDonald	9/28
David DeYoung	9/30
John Haughey	9/30



## FINALS Outstanding Performance of the Month

by Michael Collins

"Buffalo" Bill Weber was the sole DAM entrant at the USMS Long Course Nationals in Buffalo, NY—Aug. 26-29. Bill, who parents live in Buffalo, decided to go home for a visit, get a couple of home cooked meals and loads of laundry done, and maybe swim a few events at the Nationals. UCD paid for the airfare since he had to go to the East Coast to do some "research" anyway.

Despite getting only two hours of sleep before the meet due to his undesirable flight arrangements, Bill improved his times dramatically from the PMS Long Course Meet. He dropped a total of 16 seconds in the 6 events he swam in Santa Cruz. Bill's most impressive drop came in the 200 Breast where he lopped 10 seconds off his time (3:05 to 2:55.61) which was good enough to take 2nd place in the 19-24 age group.

But silver wasn't good enough for "Buffalo" Bill — he wanted GOLD! It came in the 200 Back with a time of 2:45.75, and in the 200 IM (which he almost didn't swim until his dad put the pressure on to do it) with a time if 2:43.07. Bill also place 2nd in the 100 Breast (1:21.34), 4th in the 100 Back (:17.15), and 7th in the 50 Fly (31.29). TWO TIME NATIONAL CHAMPION! Way to go BUFFALO BILL!

USMS L.C. Nationals Results  
William Weber, 19-24

200 Back	2:45.75	1st
200 IM	2:43.07	1st
100 Breast	1:21.34	2nd
200 Breast	2:55.61	2nd
100 Back	1:17.15	4th
50 Fly	:31.29	7th



### "Buffalo" Bill Weber

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

## DAM TRIATHLETE OF THE MONTH - Michael Collins

by Michael Collins

Toot, toot. How embarrassing to toot my own horn and give myself the Triathlete of the Month Award. But I really deserved it (and I'm soooo sore from moving I need the massage far more than anyone else). Three race wins in two weeks!

It started with the Enduro-X Triathlon at Kirkwood. Race elevation was over 8,000 feet. After taking out the swim easy, so I wouldn't hyperventilate, I took a commanding 2 minute lead out of the water (only to slip and fall on my butt as I ran up the rocks out of the water in front of over 100 spectators). The lead stayed at about 2 minutes throughout the difficult mountain bike loop course. I ran scared through the tortuous 15K (9.3 mile) hilly trail run to hang on for the victory — winning by just over a minute in front of "Buffalo" Bill McDermott (6 time winner of the Catalina Marathon) who came off the bike over 11 minutes back and passed about 8 people on the run to nearly catch the crumbling swimmer.

Although it wasn't a triathlon, the next victory came in Breckenridge Colorado at the Ghost Town Cup Mountain Bike Race. Racing in the Beginner Category, I was very nervous about the difficulty of the course. It started at 9,500 ft elevation with a 5 mile

climb to 11,000 ft. The rest of the 15 mile course was rolling single track with a viciously steep decent in the last few miles. An added bonus was a King of the Mountain (KOM) Award to the first person to the top of the 5 mile climb. Being a strong climber, but a wimpy descender since I don't like the taste of rocks, I figured I may try for the KOM prize. Treating it like a distance swim event I took the first few miles easy, concentrating on smooth technique and relaxed breathing. One by one the 10 or so riders ahead began to explode and drop back. As we neared the summit I was in second place—only 2 bike lengths behind the leader. As we crested what we thought was the top I heard the leader's heavy breathing (as mine was) turn to wheezing at such a high pitch that I thought dogs would start howling when he realized it was a false summit. We still had one more steep section to go! In that last section I pulled out to a :45 second lead and held it through the technical sections to win by :35

We arrived home from our trip on Saturday evening, just in time to register for the Great North International Triathlon on August 21st. Finally, a race at reasonable altitude! After getting towed along in the swim

by former DAM Assistant Coach Scott Erba, I pushed hard on the bike and started the run with a comfortable 2:00 lead. Having only run twice in two weeks showed as I faded in the last two miles to beat Scott by less than a minute. How motivating to have so many DAM swimmers there to cheer me on to victory! (see article on Cheering for Team mates in this newsletter).

Quick, somebody pop my head before it gets too big!



*The Triathlete of the Month is sponsored by Richard Strohl, Certified Massage Therapist. Richard is donates a free massage to each month's recipient. Contact him about appointments at 756-5087.*



## Great North Triathlon Results August 21, 1994

### Davis CA

Alot of DAM members participated in the Great North Triathlon here in Davis, CONGRADULATIONS! Dave and Jennifer Mirrimontes and their employees at A Change of Pace, did a great job, as usual. The course was different this year, the run course consisted of two loops, which was great for spectators. We could watch friends go by twice and cheer them on. DAM members who chose to spectate that day got to cheer on DAM Head Coach, Mike Collins to his close victory. (See Triathlete of the Month). Way to go Coach! One swimmer-spectator said, "It was nice to be the one yelling at *him* (Coach Mike) to go harder, instead of the other way around!"

Michael Collins	1:59.30	1st
Scott Shea	2:02.53	6th
Cliff Diamond	2:11.03	22nd
Michael Fain	2:14.50	39th
Craig Harris	2:18.24	51st
Michael Neasham	2:20.50	62nd
Janet Fawl	2:21.19	67th
Andrew McPherson	2:22.11	71st
Dan Thompson	2:22.19	73rd
Saman Nazarian	2:26.01	88th
Ainslie mackovjak	2:26.05	89th
Russ Payne	2:54.50	207th

\*At the time of printing, only the results for the international distance race were available. To those who raced in the sprint distance race or on a relay, we apologize

## Civic Center Closed Sept. 26-Oct. 9

Mon-Fri. Manor: 6 AM, 7 AM,  
6 PM, 7 PM  
Community: 10 AM, 11 AM,  
12 Noon  
Sat/Sun: Community: 8:30  
AM, 11-1 Lap Swim

## September Swimmer of the Month

By Susie Hansen

The Swimmer of the month for September is **Christine Schultz**. Christine swims at 7:00 PM five days a week. She swam for UC Davis for four years before joining DAM in the spring of 1993. Christine just graduated from UCD with a degree in Biological Sciences and now works in a lab for the Department of Entomology at UCD. She not only works for the lab, but she also swam for them on a relay in the Great North Triathlon just held here in Davis. Christine loves swimming and participating in swim meets, something she has been doing since the age of ten. Her recent meets include both the one mile and two mile swims at Berryessa, the PMS Long course Championships in Santa Cruz, where she took three first places, three second places and one third. At our own Ironman Long Course meet, Christine, competing for the first time, set a DAM age group record for the 19-24 year-olds with a time of 41:22.

Christine swims with DAM because she likes to stay active, and swimming reduces stress. She says, "I like the friendly and encouraging people and there's not as much pressure to perform as in age group swimming."



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756-3850

**Fun! Cold weather is just around the corner. Time to order that DAM Parka! The due date for the DAM parka order has been extended. Coach Mike has received 4 orders so far but we need 6 orders MINIMUM! So, don't freeze this winter, especially you swimmers who go to the early morning or evening workouts.**

### Upcoming Events:

Date	Event
September 11	Whiskeytown 1 & 2 Mile Swim
25	DAM 20 Year Anniversary Party Sacramento Sprint Pentathlon (50 of ea. □ 100 IM)
October Sat 9	Stroke Improvement Month DAM Mid-Distance Pentathlon (100 of ea. □ 200 IM)
? 22	DAM Annual Meeting, Election, & Awards DAM Distance Pentathlon (200 of ea. □ 400 IM)
November 5-6	USMS 6,000 yard Postal Meet DMS Short Course Meters Championships □ Los Altos
19	DAM Brute Squad Meet (200 Fly, 400 IM, & 1,650 Free)
December 11	DAM Holiday Party



							8:30 AM Lap Swim 11-2
Technique 8:30 AM Lap Swim 11-2	LABOR DAY Limited Workouts: 7am, 8am, 10am, & 11am only  Coach Mike & Jennifer's 1 year anniversary	Distance	Stroke/IM	Spint/Fins	Middle Distance	Technique 8:30 AM Lap Swim 11-2	
Technique 8:30 AM Lap Swim 11-2  DAM 20 Year Anniversary Party	Stroke/IM	Distance	Stroke/IM	Spint/Fins	Middle Distance	Technique 8:30 AM Lap Swim 11-2	
Technique 8:30 AM Lap Swim 11-2	Stroke/IM	Distance	Stroke/IM	Spint/Fins	Middle Distance	Technique 8:30 AM Lap Swim 11-2	
Technique 8:30 AM Lap Swim 11-2  SACRAMENTO PENTATHLON	Stroke/IM	Distance	Stroke/IM	Spint/Fins	Middle Distance		

Civic Center Pool Closed  
Workouts at Manor and Community Pool  
See Newsletter page 5

"Midlife crisis is the condition of horniness, dissatisfaction, and greed that exists throughout life, but which is assigned a name during one's 30s and 40s." —Nancy Linn-Desmond

**DAVIS**  
AQUATIC MASTERS

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