

## Get More Benefit Per Yard Out Of Your Workout

In the March/April issue of SWIM Magazine an article in the Swim for Fitness section entitled Stroke Efficiency: Lies, Damned Lies, and Statistics by Terry Laughlin gave several tips on how to swim faster and more efficiently. I feel Mr. Laughlin is way off on his recommendations. Who does he think we are, Olympic hopefuls? We're Masters Swimmers. We want to get a better workout by burning more calories on less yardage. Why should we be swimming 3,000 yards a day when we can get it done in 500 yards. I believe you should ignore his suggestions and use the following tips to help you accomplish get the biggest benefit per yard out of your workout.

**Swim as flat as possible.** By keeping both shoulders in the water at all times you will create more resistance, causing you to work harder.

**Flex your feet.** Pointing them toward the bottom of the pool or even forward will help increase resistance. You may even be able to propel yourself backwards doing this. This may come in very handy in short pools where you get tired or dizzy from making so many turns.

**Kick Hard and bend your knees a lot.** The large frothy rooster tail wake you create will look very impressive to spectators, and other swimmers. A side benefit of this kicking technique is the possibility that you may be able to get the coach wet. (A top priority

with any stroke, drill, or kick)

**Lift your head to breathe.** Remember, the higher above the water's surface you can crane your neck the better. The air is much cleaner that extra inch or two above the sur-

face because it hasn't mixed with the toxic pool chemicals. Using your arms to push down will help get your head out further, and also de-

crease your forward propulsion. Also, this technique has a side benefit of dropping your hips which gives you increased resistance as well as giving you the feeling of swimming uphill.

**Train Butterstruggle.** According to accurate statistics, you will burn over 500 calories per lap swimming this stroke correctly. In fact, you may be able to get a complete workout in just 250-300 yards using this advanced stroke drill. Thrashing is extremely critical to a great Butterstruggle. Be sure to use muscles against each other for full workout benefit.

**Take more strokes per length.** Forget that "Swim Golf" crap. Any game where a low score wins is stupid. Look at basketball, football hockey, soccer. Highest score wins. The more strokes you can take per length the better. If you can swim a length in over 30 strokes your doing really well. 40 is even better. Just imagine that it would take Matt Biondi over 225 yards to take as many strokes as it took you to swim 100.

*Continued on page 5*

### Coach's Column by Michael Collins



Any Bright Ideas?



## CALL FOR VOLUNTEERS

## LAKE BERRYESSA SWIM

### SATURDAY JUNE 4

SIGN UP TODAY TO  
HELP OR CALL KIT  
OWEN 756-4722

See Page 6 for sign up list  
Turn it in ASAP!

"If you want to trade  
in the admiration of  
many men for the  
criticism of one,

go ahead,  
get married."

*Katherine Hepburn*

## Workout and Lap Swim Hours

### Workouts: Monday-Friday

Civic Center	
6 AM	Noon
7 AM	1DM
10 AM	7 Pm
11 AM	

### Community 6 DM

Emerson Jr High  
Tues. & Thurs  
6:30 AM - 8:00 AM  
Intensive

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 - 1:00 PM

### April Workout Schedule

Monday	Stroke/IM
Tuesday	Distance Intensive
Wednesday	Stroke/IM
Thursday	Sprint/Fins Intensive
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 Spring Quarter, March 7-25).

## Swimmer of the Month Doug Byrne

The April Swimmer of the Month Award goes to Doug Byrne. Doug swims regularly at the 6PM workout/charm school. Well, he doesn't swim regularly, but he does do the best that he can. "We have a real nice group at 6PM" Doug says, echoing the sentiments of last month's Swimmer of the Month.

Doug began swimming when he was a freshman at June White High School in L.A. He had no formal swimming training but joined the swim team because of a dare. His technique was a bit unpolished but he was soon the fastest freestyler on the team. "The coach was really the Esperanto teacher and was just coaching the swim team after school because he was having an affair with the coach of the girls swim team. He didn't really know what he was doing and we didn't really know what we were doing. So when he taught us how to do turns we didn't know we would be the laughing stock of the league." Well Doug and the rest of the June White Sailors had the last laugh his senior year when they won the league championship with their silly turns!

After high school Doug enrolled in California University where he captained the Condor swim team all four years. While at California University Doug also got involved with one of the great passions of his life-animal rights. While still very concerned about the treatment of animals, an unfortunate incident has tempered Doug's fervor a bit. While crossing campus with his shirt off on a warm day, Doug was splashed with red paint by an animal rights radical who mistook his hairsuite body for a fur coat. Doug recalls the incident as being a watershed event in his life that has had two lasting effects on his life. "I realized random, radical behavior really harms your cause and it is best to work within a system to change it. And, I learned that I should always wear a shirt."

Uncertain about how to go about changing society, Doug thought studying the law might be a way to start. "I wasn't sure I wanted to study law so I figured I'd start at a junior law school and if I liked it, then I could transfer to a regular law school after a couple of years. Martin Luther King Junior Law School at UCD was the only one I could find in the catalog so I came here." Doug's surprise was DAM's gain!



Finest Greek Cuisine & Catering  
1620 East Eighth Street  
756-3850

*Paid Advertisement*

# LOVELY?

SPRING IS HERE AND  
THOUGHTS TURN TO LOVE.

DIXON LIVESTOCK AUCTION  
WEDNESDAYS AND SATURDAYS  
8 AM - 12 NOON  
916-555-BAAA



## Outstanding Performance of the Month

by Michael Collins

Emory receives this month's outstanding performance for his achievements at the Vintage Meet in Napa & the SCAM Meet in Berkeley. Between the two meets, Emory set 7 DAM team records in the 55-59 age group (100, 200, 500 Free, 50 Breast, 50 Fly, 100 & 200 IM) Emory, at age 57, is just coming back from a long layoff from swimming. Emory, along with his wife Joyce, commute from South Sacramento to get coached workouts. What dedication! Emory has a great attitude, and is not afraid to try off events. He's a great team player who really gets up for relays. I look forward to seeing Emory continue to improve as the season goes on!

# THE FINALS



## Emory Haworth

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

Roy Sachs	4/1
Ken Kimble	4/2
Bronwen Wang	4/2
Nancy Foster	4/3
Laurie Perry	4/4
Marc Tatar	4/5
Ulysses Ludwig	4/5
John Hansen	4/5
Matt Zinkl	4/5
Jon Lee	4/5
Laurel King	4/6
Lynn Narlesky	4/7
Rosemary Walzem	4/8
Mary Lynn Tobin	4/9
Edie Schwartz	4/10
Shannon McQuaide	4/11
Barbara Vohryzek	4/12
Christa Oberth	4/13
Eric Koide	4/13
Motryja Makarewycz	4/14
Charles Drost	4/15
Elfrieda Sauers	4/16
John Wallace	4/19
Anne Hickman	4/20
Brian Carlisle	4/20
Anthony Christo	4/22
Doris Michael	4/23
Karen Newsom	4/23
Don Veress	4/25
Jennifer Gerber	4/25
Mike Lewis	4/27
Christine Minohara	4/30

## Stress Diet

By Dr. Liz Orangefence  
Author of POWER BLOBS

### Breakfast

1/2 grapefruit  
1 slice whole wheat toast, dry  
8 oz Skim milk  
black coffee or tea

### Lunch

4 oz lean broiled chicken breast  
1 cup steamed spinach  
1 cup herbal tea  
1 Oreo cookie

### Mid Afternoon Snack

The rest of the Oreos in the package  
2 pints rocky road ice cream  
1 jar hot fudge sauce  
Nuts, whipped cream and cherries

### Dinner

large sausage, mushroom & cheese pizza  
2 loaves garlic bread with cheese  
4 cans or 1 large pitcher of beer  
3 Milky Way or Snickers candy bars

### Late Evening News

entire frozen cheesecake eaten directly  
from freezer

### RULES FOR THIS DIET

1. If you eat something and no one sees you eat it, it has no calories.
  2. If you drink a diet soda with a candy bar, the calories in the candy are canceled out by the diet soda.
  3. When you eat with someone else, calories don't count if you don't eat more than they do.
  4. Foods used for medicinal purposes NEVER count, such as hot chocolate, Brandy, toast, and Sara Lee Cheesecake.
  5. If you fatten up everyone else around you, then you look thinner.
  6. Movie related foods do not have additional calories because they are part to the entire entertainment package and not part of one's personal fuel, such as Milk Duds, buttered popcorn, Junior Mints, Red Hots, and Tootsie Rolls.
  7. Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples: peanut butter on a knife when you are making a sandwich and ice cream on a spoon when making a sundae.
  8. Foods that have the same color have the same calories. Examples are spinach and pistachio ice cream, mushrooms and white chocolate.
- NOTE: Chocolate is a universal color and may be substituted for any other food color.

# USMS 2,000 Challenge

The 2,000 Challenge is a postal swimming event held from April 1-May 31, 1994. Entry forms with complete details are available at Civic Center Pool. The goal is to swim 2,000 yards as fast as possible. Since many of you don't compete in meets, due to fear, family obligations, lack of money, or other personal reasons, this is a great opportunity to compete in your own backyard (workout). Try using this event to motivate you to train toward achieving a time goal. Many of you are interested in improving your stroke but are afraid to look at your times. The clock doesn't lie. It will show you if you have improved. Remember, much larger gains can be made by most of you from improving your technique and pacing skills than by improving your cardiovascular fitness level. Even if you don't get to swim as often as you like it is possible to see improvements if you pay attention to the details of proper stroke mechanics and streamlining.

We will be doing the 2,000 twice over the next few months. The dates will be published in advance so you can be prepared (rested, well hydrated, on time, etc.) or so you can avoid swimming that day if you hate long swims. If you are interested in swimming it both times, set

an easily achievable goal pace per 100 for the April swim, and a more challenging goal for the May swim. You may adjust your goal for the second swim after evaluating how you did the first time. There also will be sets on Middle Distance days geared toward your "2,000 pace". By swimming these sets properly and paying attention to your times, you will become better educated in your swimming pace. I call this "building a clock in your head."- the ability to know what pace you are swimming at and can hold over a given distance.

Don't take on the challenge alone. Let the coach, your lane mates, and your family know what you are going for. Use their positive energy and encouragement to help you achieve. "The whole is stronger than the sum of its parts" is a quote I really believe. By working together with others it is possible to accomplish far more than gutting it out alone. Arrange for one of them to count for you, and take them out to breakfast, lunch, or dinner afterwards.

I've set a team goal of 50+ to participate in the 2,000 Challenge. I encourage all of you to test yourself as well as encourage your lane mates to reach their goals.

## Upcoming Events

Date	Event
Apr 9	Walnut Creek Quadrathon (500-200-100-50 Free) Deck entries permitted. Carpools leave Civic at 7 AM
15-17	PMS Short Course Champs @ De Anza College, Cupertino Entries must be postmarked by April 1. Let Coach Mike know if you have entered
Sun May 1	DAM/UCD Starts & Turns Clinic
Thu May 5	Cinco De Mayo Intrasquad Meet & Fiesta Party
Fri-Mo 13-16	USMS Short Course Nationals @ Tempe, AZ
Fri-Sun 27-29	Santa Clara Long Course Invitational
Sa June 4	Berryessa 1 & 2 Mile Swim

### 2,000 Challenge Benefits

Great Conditioning for Berryessa  
Learn pace control  
Gives you a quantifiable goal to achieve

## The Butterfly

### Screams from Under the Water-A Swimmer's Perspective

The newest form of swimming stroke was invented by a Sado-Masochist Masters swim coach from Iowa. Somewhat taken aback by the complaints of Triathletes when asked to do anything other than freestyle, he vowed to give them something to really whine about. First he combined the back contortions and bending of The Rack (first used in the Spanish Inquisition). Next, he added the breathing patterns of the Ancient Chinese water torture, not the mild variety where drops of water fall at irregular intervals onto your grape, no, this version has the participant forced to swallow large quantities of water under pressure. Then

he added the arm positions of a crucifixion (a popular early Roman pastime), almost impossible to attain without someone breaking or dislocating your arms first.

One final step remained. The icing on the cake.

Give it some pleasant, innocent, innocuous sounding name that has no relationship whatsoever to the misery it brings.

The Butterfly Stroke or B.S. as it is called for short, (example Coach: Do 400 yards Butterfly. Swimmer: Oh! B.S.) was an instant success form the coach's viewpoint as soon as it was introduced. It has also been a ready source of income for

local chiropractors and orthopedic surgeons.

There are some strange people, really weird people, who claim to like the Butterfly. I suspect these are the same people that like to walk barefoot on broken

glass, stick needles in the eyeballs, enjoy childbirth or taking a good beating. Personally, I would rather catch my fingers in a bike chain than swim the Butterfly.

By, Ken Deman,  
Maverick Masters Newsletter

*"I would rather catch my fingers in a bike chain than swim the Butterfly."*

## Read the DAM Board!

## \$\$\$ Make More DAM Money \$\$\$

Did you know that there are bulletin boards with information for all D. A. M. members. The boards to your left as you enter the Civic Center Pool area has all sorts of interesting and/or useful information on it. There are often newspaper or magazine articles about some of our members. There are general notices to all members posted there. There is often meet or D. A. M. competition information posted. After each of the board meetings a rough draft of the minutes is posted.

Also posted each quarter is a list of members, their priority numbers and what workout they are assigned to. If your name is not up there, and you believe that you have properly reenrolled, you should check with me 756-4234. It may mean that I didn't get what you sent, or you did not send what you were asked to on time. In either case you would not be re-enrolled. This could mean the loss of your priority number, or if it was thought that you were trying to swim without paying your dues, you may not be allowed to swim until the problem is cleared up. It is to your advantage and your responsibility to check the board each quarter to find out what your priority number is and to check for sure that your name is up there. There are several lists that are posted just before the beginning of the quarter. One is an alphabetical list of all of those.....

*Due to budgetary constraints, this article could not be completed.*

Now you have even better reasons to shop til you drop, talk all night to your friends long distance, and eat all the ice cream you want. You'll be making money.....for DAM!

WOW!!! Is this an April Fool's Joke? NO!!! It is for real. The grocery store coupons have expanded! We are still cooperating with Aquadarts, but they are going through a national company. Now we not only have the stores we had before, but many more. Following is a list of stores somewhat by group. Grocery stores: Albertson's, Safeway, State Market, Raleys/Bel Aire, Lucky, Davis Co-op, and Ray's Market. Drug Stores: Longs

and Payless. Department Stores: J. C. Penney, Mervyn's, Sears, K-Mart/Walden Books/Pace, Target, and Macy's.

Others: Chevy's, Baskin Robbins, Kaybee Toys, Lyon's, and AT&T long distance disposable Calling Card. Most give a discount of between 4 and 6% back to us. Several are higher, i.e., Macy's is 8%, Baskin Robbins is 9%, Kaybee Toys is 9%, Lyon's is 10%, and the AT&T Card is 20%.

**Treasure's Tips  
by Barb Paulson**

Orders in to me (or the dues box at Civic Center Pool) by 11:00am on the Thursday before the first Friday of the month will be ordered for that month. I will pick up the scrip on the following Friday and try to have it out by Monday. So the turn around time will be shorter and the ordering time is consistent. I will continue to try to anticipate needs with the grocery stores and the drug stores and have some on hand if your order comes in after the deadline. I will process orders for the other stores only at the beginning of the month deadline. I have several standing orders--where I get the scrip out each month as soon as the check is received. This is a great way to make money for the club--try it, you'll like it. And it is easy. If you have any questions, please give me a call. 756-4234. An order form is included in this newsletter. Since this newsletter is due out on the first Friday of April, you won't be able to use it for an order for April. Save the order form and turn it in by 11:00am on May 5th for the May order.

*Continued from p.1*

Eliminate streamlining off the walls. If you push off streamline underwater, glide, then kick to the surface before taking your first stroke you will be well past the flags. Instead of swimming 25 yards in a 25 yard pool you're only swimming 18-20. You're ripping yourself off. Don't cheat yourself out of the extra yards of swimming you

could be getting in each length. Keep your arms shoulder width apart look straight ahead and do your best Superman imitation (capas are optional).

Apply the above suggestions, and you'll feel you're getting more per yard out of your workout. Remember the motto: Do it wrong to get more out of each yard you swim!"

## Cinco De Mayo Intrasquad Meet & Fiesta Party

THURSDAY, May 5

Community Pool. 6 pm signup & warmup. 6:30 meet starts

Five events in honor of the Mexican holiday:

100 Fly, 100 Back, 100 Breast,

100 Free, 100 IM or 200 IM (your choice),

**& the 6-pack relay**

Fiesta party afterward at Stan & Christine's house, 626 B Street. Yellow house just up the street from Civic

Bring something to BBQ & something to share.

Liquids will be provided!

See flyers posted at Civic Center Pool

**PARKER**  
ENGINEERING

### BICYCLE REPAIR-OVERHAUL-TUNEUPS

1 speed-3speed-10speed and over speed Major Overhaul \$55 Tune-up \$20+Former technician at Wheelworks Free pick-up. Ask about fleet rates

Barry Parker

758-3889

# Meet Results

## February Fitness Challenge

Carolyn Thomas retained her title as biggest yargage hound by crushing her record of 106,000 from last year with an impressive 180,900 yards. The real question is how much money in day care did she have to spend to get the time to swim? The runner up was Lisa Strampach with 165,000, setting a DAM Record in the 35-39 age group. Dave Pyles led the male entries with 73,650 yards. In all, 23 DAM swimmers entered the event (although more kept track but decided not to send it in) exceeding the team goal of 20 entries. 14 DAM Team Records were set. The women dominated the men with 16 entries for a total of 1,104,400 yards, while the men mustered up 360,500 yards. We hope Carolyn enjoys her free Sweatshirt donated by the Blown Out Shoulder Rehab Clinic.

### DAM Fitness Challenge Results

Women						
No	Name		Age	Total Yards	Miles	Team Record
1.	Carolyn	Thomas	31	180,900	102.78	Yes
2.	Lisa	Strampach	35	165,000	93.75	Yes
3.	Barbara	Vohryzek	36	86,000	48.86	
4.	Kip	Freytag	31	80,550	45.77	
5.	Susan	Munn	55	67,750	38.49	Yes
6.	Sally	Colvin	41	67,400	38.30	Yes
7.	Jennifer	Collins	25	65,550	37.24	Yes
8.	On	Braly	42	60,500	34.38	
9.	Alison	Alcalay	39	50,700	28.81	Yes
10.	Lorna	Belden	53	50,550	28.72	Yes
11.	Shannon	McQuaide	23	46,800	26.59	Yes
12.	Barbara	Mathews	35	46,050	26.16	
13.	Barbara	Paulson	50	45,200	25.68	
14.	Penny	Krenner	51	37,150	21.11	
15.	Beth	Mangini	19	35,100	19.94	
16.	Lynn	Narlesky	41	19,200	10.91	

  

Men						
No	Name		Age	Total Yards	Miles	Team Record
1.	David	Pyles	25	73,650	41.85	Yes
2.	Michael	Collins	28	69,850	39.69	
3.	Craig	Harris	24	60,100	34.15	Yes
4.	Charlie	Plopper	49	51,800	29.43	Yes
5.	Curt	Miller	44	46,900	26.65	Yes
6.	Jack	Hicks	55	40,350	22.93	Yes
7.	Cap	Thomson	63	17,900	10.17	Yes

## Lake Berryessa Volunteer Sign-up

Areas where help is  
needed (please check)

land set up \_\_\_\_\_ Water safety \_\_\_\_\_ Clean-up \_\_\_\_\_  
 Refreshments \_\_\_\_\_ Finish line \_\_\_\_\_ Parking \_\_\_\_\_  
 Race bags \_\_\_\_\_ Equipment loading (Fri. 3 pm) \_\_\_\_\_  
 Publicity \_\_\_\_\_ Anywhere needed \_\_\_\_\_

Name: \_\_\_\_\_  
 Phone #: \_\_\_\_\_

RETURN TO DAM BOX

## A DAM Three-peat!

Davis won the USMS Hour swim Large team division for the third consecutive year. The margin of victory is narrowing though. DAM finished 24,745 yards ahead of runner up Strawberry Canyon Masters.

## April Fundraising Opportunity EAT PIZZA Earn \$\$ for DAM

Murphy's Take 'n' Bake Pizza will sponsor 2 in-store pizza days, Tuesday, April 12 and Tuesday, April 26. 20% of all proceeds from sales will go to DAM. (Regular menu price only - Sorry no coupons)

Please call ahead on Monday or early in the day on Tuesday to place your orders for faster service.

**Murphy's Pizza**  
 640-G Covell Blvd.  
 Lucky Plaza

**753-3999**  
 USDA Food Stamps  
 Gladly Accepted

## 12 Team Records Set at SCAM Meet!

Susan Munn, 55, lead the contingent of 16 members of the Davis Aquatic Masters in the Strawberry Canyon Aquatic Masters Swim Meet, March 26, by setting 5 new DAM Team Records. She set standards in the 55-59 female category in the 100, 200, & 500 Free, as well as the 200 Back & 200 IM. Linda Hood set new standards in the 35-39 female division in the 50 Fly, 100 IM, & 100 Free. Emory Haworth continued his assault of the DAM Team Records in the 55-59 male division by setting new standards in the 200 IM & 200 Free. Christine Schultz and Doug Smith each set new DAM records in the 500 Free. Chrissy went 5:42.10 in the 19-24 age group, and Doug set a new 30-34 standard of 5:30.81.

Name	Age	Event	Time	Place					
Jennifer Collins	25	100 Free	1:08.40	8th	Traci Roth	27	100 Free	1:12.75	9th
		200 Back	2:58.70	5th			200 Free	2:44.52	6th
		50 Fly	35.99	9th			50 Breast	44.14	5th
Linda Hood	35	100 IM	1:21.13	5th	Christine Schultz	22	500 Free	5:42.10	2nd
		100 Free	1:23.69	13th			200 IM	2:23.90	3rd
		50 Fly	54.85	9th			50 Back	32.08	2nd
Mary Horton	51	200 IM	3:43.44	3rd			50 Fly	30.13	1st
		100 Free	1:26.20	4th			50 Breast	35.75	2nd
		50 Fly	52.59	4th					
Lynn Lathouwers	23	200 Free	3:02.49	2nd	<b>Men</b>				
		100 Free	1:02.92	1st	Steve Carlson	74	500 Free	7:28.61	2nd
		50 Fly	31.88	3rd			100 Free	1:14.68	2nd
Roswita Norris	51	100 IM	1:14.32	3rd	Michael Collins	28	200 Free	2:47.63	1st
		200 IM	3:23.68	2nd			200 Back	2:11.21	1st
		100 Free	1:26.67	5th			200 Free	1:51.35	1st
Susan Munn	55	200 IM	3:20.35	4th	Eduardo Duque	29	500 Free	5:54.41	5th
		100 IM	1:36.40	1st			100 Free	53.79	9th
		500 Free	6:55.50	1st			200 IM	2:46.47	4th
Jennifer Pais	27	200 Free	3:20.35	4th	Emory Haworth	57	200 IM	2:46.47	4th
		200 Back	3:07.68	3rd			100 Free	1:05.83	2nd
		200 Free	2:36.88	2nd			50 Fly	331.79	1st
Jennifer Pais	27	100 Free	1:12.96	3rd	Andrew McPherson	46	50 Breast	35.84	2nd
		200 Back	3:07.68	3rd			500 Free	5:14.56	1st
		200 Free	2:36.88	2nd			100 Free	50.29	1st
Jennifer Pais	27	500 Free	5:54.90	2nd	Doug Smith	32	500 Free	5:30.81	5th
		100 Free	58.03	4th			100 Free	50.88	3rd
		50 Fly	29.52	3rd			William Weber	22	50 Back
200 Free	2:11.30	2nd	100 IM	1:04.23	5th				
							50 Breast	32.78	3rd

*“How beautiful it is to do nothing, and then rest afterward.”*

*- Spanish Proverb*

### Vintage Masters Meet - Napa

9 DAM swimmers participated. 9 new DAM Team Records were set. Emory Haworth led the way, setting 5 new records in the 55-59 age group. Coach Michael Collins set 2 new marks, while Chrissy Schultz & Doug Smith each set 1.

Name	Age	Event	Time	Place							
Jennifer Collins	25	500 Free	6:47.38	4th	Eduardo Duque	29	100 Breast	1:09.92	?		
		50 Fly	37.90	4th			50 Breast	31.89	3rd		
		200 Free	2:32.31	3rd			200 Free	2:02.64	1st		
Christine Schultz	22	100 Back	1:08.61	2nd	Emory Haworth	57	100 IM	1:06.52	3rd		
		100 Breast	1:15.48	2nd			500 Free	5:55.20	4th		
		100 Free	1:00.43	1st			50 Fly	30.91	1st		
Steve Carlson	74	100 Fly	1:07.47	2nd			100 Free	1:05.20	3rd		
		100 Back	1:38.74	1st			100 IM	1:13.62	2nd		
		100 Free	1:16.45	1st			50 Breast	35.57	?		
Michael Collins	28	200 Free	2:46.70	1st	Saman Nazarian	20	100 Free	56.63	3rd		
		100 Back	1:02.14	2nd			Doug Smith	32	100 Back	1:00.82	1st
		100 Breast	1:06.17	2nd			100 Breast	1:07.02	2nd		
Michael Collins	28	100 Free	51.62	1st			100 Free	51.42	1st		
		100 Fly	58.53	1st			100 Fly	59.37	1st		
		100 Fly	58.53	1st			Harry Stark	37	500 Free	5:54.98	4th
							100 IM	1:10.88	?		

**April DAM 1994**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					April Fool's Day Stroke/IM 20 x 1,000 Fly  Postmark Deadline for PMS Championships	Intensive 8:30 am Lap Swim 11-1  Time Change "Spring Forward"
No Technique Workout  Lap Swim 11-1  <b>EASTER</b>	Stroke/IM  Entries for USMS Nationals due to Coach Mike	Distance  Broken 1,650 Free	Stroke/IM  Timed 200 IM  DAM Board Meeting 7 PM	Sprint/Fins  Pull - 4 x 200 Free Swim - 4 x (3 x 100) #1: 25+75 #2: 25+25+50 #3: Straight	Middle Distance  Main Set: Swim 3 x (5 x 150 Free) Descending Interval	Intensive Workout 8:30 am Lap Swim 11-1  Walnut Creek Quadrathon Meet
Technique 8:30 AM  Lap Swim 11-1	Stroke/IM  Main Set: 4 x (3 x 50 + 300)	Distance  500 + (8 x 50) 400 + (8 x 50) 300 + (8 x 50) 200 + (8 x 50) 100 FAST!	Stroke/IM  Main Set 4 x (6 x 50 + 200 IM) Pull 8 x 50 Odds: Free Even's: Non-Free	Sprint/Fins  Main Set: 12 x 2:15 Interval a: 150's e: 125's i: 100's r: 75's	Middle Distance  <b>Pacific Masters S.C. Championships @ De Anza College</b>	Intensive 7:30 am No 11-1 Lap Swim  <b>Picnic Day</b>
Technique 8:30 AM  Lap Swim 11-1	Stroke/IM  Main set: 2 x (4 x 200) #1: Fast 2nd 100 #2: Fast Middle 100 #3: Fast 1st & 4th 50 #4: Moderate IM	Distance  2,000 Challenge	Stroke/IM  Back Technique	Sprint/Fins  Kick w/ Zoomers 12 x 25 FAST  Swim w/ Zoomers 6 x (4 x 75)	Middle Distance  Main Set: Pull/Swim: 5 x (200 + 100)	Intensive Workout 8:30 am  Lap Swim 11-1
Technique 8:30 AM  Lap Swim 11-1	Stroke/IM  Main Set: Swim 5 x (6 x 100 or 75) Descending Interval	Distance  Swim w/ Paddles 400+300+200+100  20:00 Draft Set	Stroke/IM  Breast Technique	Sprint/Fins  Main Set: 3 x 100 Free 3 x 75 Non-Free 3 x 50 Free 3 x 25 Non-Free	Middle Distance  Main Set: 3 x (3 x 200) #1: 2 x 100 #2: 4 x 50 #3: Straight	Intensive Workout 8:30 am  Lap Swim 11-1

**Quote of the Month:** "You've got to be very careful if you don't know where you are going, because you might not get there."

- Yogi Berra

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