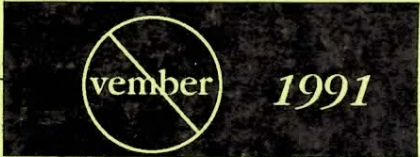




The Record Times



Volume I, Number 11

Davis Aquatic Masters, P.O. Box 921, Davis, CA 95617

Annual Meeting & Awards Party

Coach's Recognition of Excellence Awards:

- Outstanding Competitors - Susan Munn & Andy McPherson
- Outstandingly Friendly - Bill Treguboff
- Outstanding Lane Leader - Mary Horton
- Outstanding Volunteers - Melissa Beaty & Steve Carlson

Hall of Shame Winners:

Category	Swimmer	Award
Biggest Loafer	Mark Applegate	Loaf of Wonder Bread
Biggest Water Temperature Complainer	Rand Schaal	Ice cube tray
Chronic Fin Dependency	Art Krener	Ronald McDonald Band Aids
Best Draft Giver	Chris Chichester	Genuine Draft Beer
Biggest Drafter	Chris Chichester	Crazy Glue
Biggest Lane line Puller	John Wallace	Pot Holder Mitt
Least Likely to do the set right	Rand Schaal	Chalk board
Least likely to be on time	Jane Hinsdale	Broken watch
Most talkative during announcements	Cathy Carr/ Liz Applegate	Chatter Teeth

President's Message

Two years ago I was embarking on my second month as an appointee to the DAM Board. Now two years later I am completing two years as DAM President. What has it been like? To no ones amazement it has been work, I can't kid anybody about that fact. Mostly however I will remember it as rewarding and fun.

The DAM Board has seen the work of many very good capable people. The Board has set goals, divided tasks amongst themselves, enlisted help from countless non-Board members and accomplished what it set out to do. The rewarding part has been to see the accomplishments. And the fun part? Meeting, working with, networking with, and just in general having fun with some fantastic folks.

I would like to review just a few of the many accomplishments over the past year. Administratively we have seen a reserve of over \$10,000 put aside and developed a balanced budget not dependent on income from the Berryessa Swim or any other special event. We have developed and implemented a management plan for the smooth, easy, and efficient running of the club as well as policy and procedure manuals which are being developed. In addition, a newly developed position of Executive manager has been initiated. Regarding personnel, we have worked well with all employees. A contract for Head Coach was developed, refined, and recently won 3rd place in national competition. Employment agreements for Assistant Coach and Treasurer are being developed. Also program and coach evaluation questionnaires and process are being refined.

Liaison with the City, PMS, USMS, Aquatics Council and Aquadarts has been very good. We have played a major role in providing input and guidance where appropriate. Plans for expansion of Civic Center Pool to allow for permanent storage, meeting room, offices and exercise room are moving forward (slowly) through the government processes. Plans are also moving forward on a 50 meter pool complex to be built and managed jointly with the City and U. C. Davis. Equipment has been well maintained and an improvement in the storage and monitoring has been developed.

please see President, page 2

Upcoming Events -

Sat. Nov. 16 Brute Squad Meet

Once again it's time to test your swimming toughness (or mental stupidity). The Brute Squad Meet combines the 200 Fly, 400 IM, & 1,650 Free into one meet. The event will take place at Civic Center Pool, Saturday November 16 at 8:30 am. The cost is \$15 which includes a coveted DAM Brute Squad crew neck sweatshirt (which can't be found in stores!) Check this newsletter for the club records for this event. Don't miss your opportunity to be a BRUTE!

NOVEMBER Workout Schedule

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

Coach's Column- Turkey Time!

by Michael Collins

(Article concept courtesy of Dick Hannula)

Thanksgiving is an American holiday rich in tradition, part of our great American heritage. One bird that attracts a lot of attention at this time of year is the **TURKEY**. This club has a few birds too. These birds are best greeted in their native tongue - "Gobble, Gobble, Gobble."

Broken down for those birds still learning the language, it's a "gob". rhymes with cob, but it starts with G. And "ble", sounds like bull but is not. We call them **TURKEYS**, but they probably don't hear that either. How do you identify a **TURKEY**? A **TURKEY** is not a very smart bird. One or more of the following traits qualifies a swimmer for the rank of **TURKEY**:

- Does not need warm ups, does not need warm downs either. After all, **TURKEYS** don't like to get wet.
- Does not listen, hence never learns.
- Loses count of the lengths in any swim beyond 50 yards.
- Talks a lot. **TURKEYS** talk during swim repeats, kicking, and other drills, but especially when the coach is giving instructions.
- Walks a lot, especially during training. Which is why **TURKEYS** don't fly or swim well.
- Stops a lot, usually in mid-pool, where **TURKEYS** can gather in their flocks. One **TURKEY** stops, and all **TURKEYS** stop to see why the first **TURKEY** stopped.

Question: Why is the **TURKEY** a fat bird?

Answer: **TURKEYS** seldom work.

Happy Thanksgiving Everyone - Don't forget to eat a **TURKEY**!

Coach Mike

Workout & Lap Swim Hours

Mon. - Fri.

6am, 7am, 10am,
11 am, 12 ,7pm

@ Civic

6pm @ Comm.

Saturday

8:30—10am

(intensive)

@ Civic

Saturday, Sunday

11—1pm

lap swim

@ Civic



STATE
MARKETS



BRIAN S. GEE

655 Russell Blvd. 756-7567
Davis, California 95616

PRESIDENT, cont'd from page 1

Club communication have expanded and improved. newsletter has been timely and interesting to read. We have instituted mailing it out to members unable to obtain it from the pool area. Also instituted were Swimmer of the Month and Performance of the Month. A comprehensive members manual was developed and updated as needed. All of these things plus a vigorous membership retention and recruitment plan has kept our membership level at or above the level of previous years. This has been essential to keeping the pool full and the dues low.

Special swimming and non-swimming events continue to be provided throughout the year with enthusiastic turn-out from members. Our biggest accomplishment has always been the Berryessa Swim which, despite an extremely low water level, has remained a popular swim. Last year we enlisted help from a local professional race promoter/producer, A Change of Pace, which proved worthwhile as we had a very successful event.

Yes, it has been a good two years. Lots of positives and really no negatives. I wish the next Board continued good work and fun. I wish to thank the entire club for all their support because I have received a lot from so many of you. And a big thank you to the Board members with whom I worked closely with: Rick Moss, Bill Collins, Bill Herthel, Ray Spore, Nyla Crain, Katy Notley, Melody Herbst and especially Margaret Turano and Verne Scott. Special thanks for the support and friendship of our Treasurer, Barbara Paulson and Secretary, Marnelle Gleason. And special thanks goes to two good friends and excellent coaches, Don Veress and Mike Collins, who's care, commitment, and enthusiasm make all the difference to the excellent Davis Aquatic Master's swim club.

Just another DAM swimmer, Kit Lenz

THE FINALS



FINALS Outstanding Performance-

Betty Dugan - Sac Pentathlon

1st in 50-54 age group

Betty's on the comeback trail! After not competing for several years, Betty has moved into a new age group and is swimming with a vengeance - setting several personal best swims. Keep turnin' the clock back Betty!

Special thanks to Lisa Halle, Marketing Director at The FINALS for her support of this award. The DAM/FINALS Outstanding Performer of the Month receives a free FINALS swim suit.

November Swimmer of the Month

The November Swimmer of the Month is our enthusiastic former board president, Kit Lenz. Her contributions to DAM include two years of service on the Board, help with club events and involvement in different competitions.

Kit's term on the Board began in 1989. Her desire to help "pay back" the club for over ten years of swimming and to help smooth out some of the Club's problems prompted Kit to run. Kit's expertise lies in dealing with boards, the government and organizational finance. Leadership and enthusiasm were strong complements to Kit's business background.

Kit swims regularly at 6a.m. She loves swimming for the mental, physical and social benefits. "I'd shrivel up if I couldn't swim!" says Kit. In addition to swimming, Kit also runs and bikes to train for triathalons. The swim is her strongest part of triathalons. During the warm summer months, Kit likes to compete in open water swims. This past summer she placed first at the Whiskeytown swim after drafting off a sixty year-old man for most of the race! Kit was both amused with and excited about her accomplishment.

DAM thanks Kit for her years of involvement in the club. She has helped with everything from the Board to the Berryessa swim to scraping algae off the side of the Civic Center pool! Members like Kit make this club work!

A special thank you to Cafe California for donating dinners to our swimmer of the month.



Is Swimming Effective For Weight Control?

by Terry Laughlin -

Swim Smarts Newsletter Editor &
 Total Immersion Swim Camp Director

Why does swimming seem less effective for weight control (or fat control) than running? Vigorous swimming burns as many calories per hour as does running, yet runners always seem to have a gaunt and hungry look, while few swimmers do. Grant Gwinup MD, of the University of California - Irvine Medical Center, speculates that swimmers compensate for the calories they burn by eating more. His reasoning is as follows: Water draws more heat away from the body than air, and swimmer's bodies are sensitive to that extra heat loss. That, in turn, apparently stimulates their appetites to preserve fat layers for insulation from heat loss. (Author's note - I can vouch for that: I never feel like eating after a run, while after swimming I usually feel primed to strap on the feed bag.) However, says the Tufts University Diet and Nutrition Letter, swimmers who enjoy the sport and are not in it for weight loss have no reason to give it up. Swimming is still an excellent all-around muscle toner and promotes overall fitness as well as running or cycling. Moreover, by judicious snacking on filling but low fat foods (such as fruit or fig bars) shortly after you swim, you can satisfy your over-stimulated appetite without putting on weight. And if you stay properly hydrated during and after workout by drinking ample fluids, you'll have a sense of fullness that should also suppress that stimulated appetite.

It's important to note that the type of swimming you do can also help influence how much fat you burn. Studies at the University of California - Davis show that certain types of aerobic exercise give you an afterburn, boosting your metabolism, so you can continue to burn extra calories for up to 12 hours after you finish your workout. And Paul Thompson, MD, a medical professor at Brown University, says that endurance exercise makes muscles "hungry" for fat. They secrete more of an enzyme called lipoprotein lipase that digests blood fats.

Those who subscribe to "no pain, no gain" dictum of exercise may lose out on this benefit. Exercising intensely makes your muscles rely on glucose (sugar) for energy. But when muscles are exercised more moderately they call on stored fat for energy. That's not to say that hard work is without benefits. The key idea is that you don't have to be a great athlete to exercise in a way that will give you maximum benefit and help you trim down.

POLICY, PRIORITY AND PUNCTUALITY

We have a policy to ensure that the lanes do not become so crowded that swimming the workout becomes very difficult or impossible. The coaches usually put a maximum of four swimmers in a lane. If the workout and the speeds of the swimmers allow, there may be one more person added to the lane.

Each swimmer has a priority number which is listed on the board. (If you have been a member for more than two weeks and do not find your number up there, call 756-4234 to find out why it is not there.)

If you are assigned to a given workout, you have first priority for getting to the pool. People who are unassigned, which includes all new members, have next priority for getting in, then those with

Please See 3 P's on page 4

BOARD MEETING

The Board meeting was held on October 2, 1991 at Kit Lenz's home. The Treasurer reported 368 members enrolled for Fall versus 340 one year ago. There are 309 full dues paying members and almost all workouts are fully assigned. The financial report was not yet prepared. A directory of members will be assembled without addresses for distribution. A motion was made and passed that a lifetime subscription to the DAM newsletter be given to Lillian Rowen.

A motion was made and passed to form a committee to develop a Direct Dental Reimbursement Plan for employees with a report to the December BOD. The motion was made and passed to accept the proposal for an Executive Manager position and the form a search committee for this new position.

The Coach's report was given. He reports the ASCA clinic was very valuable and he won 3rd place in a Head Coach Contract contest there. He has used part of the prize money to purchase a coaching tool for the club. He also reports that USMS and PMS dues are both scheduled to go up next year to a total of \$28. A motion was made and passed to appropriate \$50 for Coach's photos.

Verne reported on the increase in USMS and PMS dues. The motion was made and passed expressing DAM's concern with the dues increase and wishes that PMS re-evaluate their budget and the increase.

Jim Frampton reported on personnel. Candace Cross-Drew and committee are working on the program and coach evaluation refinement. Rick Moss is working on contracts for Treasurer and Assistant Coach. Margaret gave an update on Communication. Katy gave a report on Membership and presented the Fall Flyers which are ready for distribution. Melody reported on the annual meeting and distributed a follow-up letter she sent to ACOP regarding the GNT. Business manager gave a report: an initial contract has been made with Shasta Soft Drinks for Berryessa sponsorship. The Berryessa swim was discussed with some preliminary plans made. A motion was made and passed that all employees taking job required training will be reimbursed for cost and also time lost from work. There was discussion regarding continuation of 5-6 p.m. lap swim. The next meeting will be a joint meeting between the old and new Boards. It will be held at 7 p.m. on November 6 and the place is yet undecided.

3 P's, Cont' from page 3

900 numbers (people who did not get their completed re-enrollment forms in on time), then people who are assigned to a different workout. Anyone wanting to swim a second workout of the day may get in only if there is room after everyone else has gotten in.

The above priority system is valid until 5 minutes after the start of the workout. Any assigned swimmer who is not in their suit and in the water by that time loses their priority. If the workout looks like it will be full, the coaches will request that anyone not assigned to the workout wait until five after to begin getting in; and he will then put swimmers into the correct lanes until the pool is full. One exception to the priority system occurs when the speed of the next person does not match the abilities of those already in the lanes.

To ensure that you can swim when you want to, be sure that you get to the workout on time. You should also be aware of your priority number, so that you can tell the coach when he is putting unassigned people into the workout. If you find that you are not able to swim the workout because of the number of people in your lane or the speeds of the swimmers in your lane, preferably talk to your coach about it, or talk to a board member.

We usually have more members in the Fall and Spring quarters. So this is when the priority system becomes more important, and even if you haven't had to pay too much attention to it during the Summer (or the Winter) Quarter, the coaches will need to be more aware of who is getting into the pool. If you help the coach follow the policy, then he won't have to ask anyone to leave the pool once they have gotten in.

Welcome new and re-enrolling members!!

331	Lisa Duarte
332	Jeffrey King
333	Adam Forem
334	Judy Lesem
335	Christopher Anderson
336	Pawel Woloszyn
337	Eb Anderson
338	Steven Sparks
339	Dave Rade
340	Karen Gilligan
341	Roxane McKenna
342	Maia Dehlinger
343	Karen Frederick
344	Jenny Lundmark
345	David Mazzera
346	Kathleen Crowe
347	Katrina Ryan
348	Lisa Strampach
349	Emily Plessner
350	Michelle Gustafson
351	Eugene Cordero
352	Coreen Flarery
353	Kathleen Hoerber
354	Erin Maack
355	Jeff Finstad
356	Kathryn Taylor
357	Wendy Valentine
358	Marla Stuart
359	Deborah Pittman
360	Kristen Olson
361	Jeannie Kelly
362	Lisa Nowell
363	Janet Lorton
364	Anna Knutti
365	Malia Davis
366	Pius Kamber
367	John Gerlach
368	Christy Pohl
369	Darren Dutto
370	Maria Steidel
371	Kevin Pearsall
372	Laura Vincent
373	Marc Clemente
374	Kelly Theisen
375	Alice VanAlstine
376	Kelly Moore
377	Steven Ederson
378	Christa Oberth
379	Vince Lane
380	Janice Oakley
381	Andrew Brosnan
382	Greg Hribar
383	Don Brooke
384	Beth Skarey
385	Kelly Buchanan
386	Jane Doroff
387	Kelly Crosby
388	Art Schoenstadt
389	Molly Atwood
390	Cliff Hiltken
391	Amie Dirks
392	Suzanne Lehmkuhl
393	Chris Csordas
394	Kirsten VonKugelgen
395	Kristen Carpenter

Treasurer's Tips

by Barbara Paulson

Our 1991 Pacific Masters Swimming cards will expire at the end of December. Everyone in Davis Aquatic Masters will be required to renew their Pacific Masters Swimming card when they re-enroll for Winter Quarter. I will not re-enroll you unless you have filled out the Pacific Masters Swimming form that will be attached to the re-enrollment forms and included a check for the fee. At the September PMS meeting, it was voted to raise the fee to \$28.00, but several people, mostly from Davis Aquatic Masters, felt that much of an increase was not necessary—the final vote regarding the fee increase took place at the October 23rd meeting. It was decided to set the fee at \$25.00 which only increases the national portion of the fee. Pacific Masters Swimming will send out a newsletter to all of their members in November. There will be a PMS form for 1992 to fill out. Do not send that form into the PMS office since we will be doing it as a club in December. I will send all of the forms that I have collected at the end of the re-enrollment period in to the PMS office so that your 1992 cards should arrive shortly after the beginning of the year—in plenty of time for the hour swim in January. Please call me if you have any questions.

Birthdays!!!

Regine Audrey	11/3
Roxane McKenna	11/4
Leslie Tatar	11/5
Kristen Olsen	11/6
Karen Gilligan	11/7
Dorothy Chen	11/8
Janet Lorton	11/9
James Frampton	11/13
Monica Boettcher	11/14
Darren Datto	11/15
Kathleen Battleson	11/16
Laura Brahce	11/16
Jill Spangenberg	11/17
Margarethe Mathisen	11/17
Mitt Blackman	11/18
Dan Burger	11/18
Emily Andrada	11/18
Linda Aston	11/18
Rich Mass	11/19
Sharon Pinedo	11/20
Judy Clark	11/24
George Tibbitts	11/25
Karen Gabbreath	11/26
Stephanie Mass	11/29
Omar Swartz	11/30

Davis Aquatic Masters Brute Squad Meet Records 200 Fly - 400 IM - 1,650 Free (as of 1/91)

Age	Group Name	Time	Total Year
19-24	Michael Collins	25:06	1989
	Julia Slater	28:35	1989
25-29	Mark Crosby	25:12	1989
	Christine Chichester	28:34	1990
30-34	Chris Oshiro	28:13	1989
	Melissa Beaty	29:58	1990
35-39	Leslie Tatar	35:07	1990
40-44	Kit Lenz	34:24	1990
	Andrew McPherson	26:09	1990
45-49	None		
50-54	Robert Schroeder	34:52	1989
	Susan Munn	34:48	1989
55-59	Cap Thompson	40:55	1989
60-64	Cap Thompson	41:48	1990

Meet Results

SACRAMENTO PENTATHLON RESULTS

WOMEN

NAME	AGE	FLY	BK	BR	FR	IM	TOTAL	PL
PLACE								
Karen Gilligan	19-24	29.26	33.65	36.68	26.21	1:10.71	196.51	1st
Yulynn Jew	19-24	30.84	33.74	37.71	28.50	1:09.69	200.45	3rd
Patti Harris	19-24	35.59	39.41	36.96	31.63	1:19.76	223.29	6th
Julie Thompson	19-24	41.32	48.50	46.21	29.05	1:33.45	263.50	7th
Chris Winn	25-29	33.07	34.00	38.37	29.05	1:10.51	205.00	2nd
Melissa Beaty	30-34	31.34	33.65	39.15	28.91	1:11.47	204.52	3rd
Betsy Lurie	35-39	42.58	43.40	38.86	35.50	1:28.87	249.21	4th
Suzy Hansen	35-39	42.77	45.16	46.40	34.86	1:35.22	264.38	6th
Kit Lenz	40-44	37.60	38.59	39.46	30.21	1:20.45	226.31	4th
Betty Dugan	50-54	40.10	43.52	49.07	32.62	1:34.07	259.38	1st
Jane Hinsdale	50-54	45.55	42.34	46.30	35.24	1:33.23	262.66	2nd


MEN

NAME	AGE	FLY	BK	BR	FR	IM	TOTAL	PL
Adam Torem	19-24	30.11	26.29	37.15	26.46	N/A	N/A	N/A
Don Brooke	25-29	28.29	30.89	33.06	24.95	1:05.22	182.41	
Kent Strong	30-34	26.80	32.70	32.33	24.86	1:06.15	182.84	3rd
Chazz Hesselein	35-39	31.73	32.96	34.18	25.22	1:08.38	192.47	
Andy McPherson	40-44	25.15	31.68	30.92	22.65	1:00.03	170.43	1st

Congratulations DAM 1991 Hawaii Ironman Finishers!

Michael Collins	9:48
Steve Atkins	10:10
Eugene Cordero	10:50
Sue Fox	11:30

DAM November 91 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Mid Distance 	Intensive - 8:30am Lap Swim 11-1 only (no more 5-6pm)
Lap Swimming 11-1 3	Mid Distance 4	Stroke/IM 5	Distance 6	Stroke/IM 7	Sprint/Fins 8	Intensive Workout 8:30am Swimming 11-1 9
Individual Medley Improvement Week						
Lap Swimming 11-1 DAM Coaching Staff Meeting 4pm 10	Mid Distnace 11	Stroke/IM 12	Distance 13	Stroke/IM 14	Sprint/Fins 15	No Intensive DAM BRUTE SQUAD MEET 200 Fly, 400 IM, & 1,650 Free 8:30am Civic 16
Lap Swimming 11-1 17	Mid Distnace 18	Stroke/IM 19	Distance 20	Stroke/IM 21	Sprint/Fins 22	Davis Turkey Trot 5 & 10 K Intensive Workout 8:30am 23
Lap Swimming 11-1 24	Mid Distance 25	Stroke/IM 26	Distance 27	Stroke/IM THANKSGIVING! Workout times: 7, 10, 11, 12 only 28	Sprint/Fins Workout Times: 7,10,11,12 29	Intensive Workout 8:30am Lap Swimming 11-1 30

Quote of the Month - "The harder you work the luckier you get." Gary Player - Golfer



P.O. Box 921, Davis, CA 95617

**Phone
Numbers
The Board**

Jim Frampton	753-1103
Melody Herbst	753-1234
Kit Lenz	756-4722
Katy Notely	756-4831
Verne Scott	753-2828
Nyla Crain	756-8530
Margaret Turano	756-7139
Head Coach	
Mike Collins	758-7212
Assistant Coach	
Don Veress	756-1610
Treasurer	
Barbara Paulson	756-4234
Newsletter Editor	
Jeff Yoshimoto	758-3815

757-2766

The record Times is published monthly by the Davis Aquatic Masters. Thanks to Kit Lenz, Michael Collins, Don Veress, Barb Paulson, Julie Tjompson and all others for articles and newsletter material.