



# The Record Times

November 1992

Volume III, Number 11

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

## Annual meeting attracts hungry hordes

Seventy or so DAM members attended this year's meeting/awards/pot luck pig-out/party. Hospitality committee members (beer buyers) misjudged the alcohol consumption of the group by bringing small amounts of high quality beer (Anchor Steam, Sierra Nevada, Sudwerk, etc.) instead of large amounts of low quality (Bud, Coors, Miller, etc). When the beer was gone in 10 minutes, a quick coaching decision by Mike Collins sent them back for more.

On to dinner. The food was great! Plenty o' chow for the chlorine heads. Isn't it funny how those lazy workout swimmers can suddenly access sprint cells when the food line forms? Disaster did strike though when one of the tables loaded with scrumptious morsels collapsed on unsuspecting feeders.

After drinks, food, and socializing, it was time for the presentations.

DAM President Larry Olsen opened the show with a welcome to all and no campaigning or debating for re-election or talk of boring club finances — thanks Larry! The "Prez" then recognized several key volunteers and staff of DAM and the newly elected board members.

Next up was Head Coach Michael Collins who highlighted the club's success over the past year and spoke of upcoming events and goals for 93. Coach Mike went on to present several swimming related awards to deserving piranhas and guppies.

Assistant Coach Don Veress then gave a very heartwarming and personal presentation for the Lillian Rowan Award and presented it to the winner — Dorothy Chichester.

Coach Mike returned to the stage to get a little revenge on those swimmers with annoying little habits by presenting the hotly contested "DAM Hall of Shame" awards. See award winners on page 3.

### New Board Members

Mary Horton  
Carol Lawson  
Rand Schaal  
Christine Winn

See award winners on page 3.

## It's not too late for 1992 goals yet

1993 is coming up quickly! Did you accomplish what you

### Coach's Column by Mike Collins

set out to do in the pool in 1992? If you haven't met all your personal goals you still have time to try a few more times. We are hosting the PMS Short Course Meters Championships at UCD, Nov 14-15, and the Brute Squad Meet, Nov. 22.

Entries were due for the meet by Nov. 1 so if you haven't entered yet I guess you missed it. But you can still swim relays if you fill out the proper information at the meet. Relay records for most of the short course meters events are pretty weak, so come out and be a part of some record-setting teams!

You don't have to be "red-hot" to contribute. Now that we've gone through a month of stroke improvement, don't you feel ready to test your newly learned swimming skills?

November's workout emphasis will be on preparing for those two events and trying to stay in the best possible shape going into the holidays, so you won't look or feel like a fat slug when January rolls around.

See page 3 for DAM members inducted into "Hall of Fame" and "Hall of Shame" at annual meeting.

### November Workout Schedule

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

## Upcoming Events

Nov 13-16

PMS Short Course Meters  
Championships @ UC Davis

Nov 22

Brute Squad Meet

Nov 26

Thanksgiving - Workouts 7a.m.,  
8a.m., 10a.m., 11a.m.

Nov. 27

Workouts - 7a.m., 10a.m.,  
11 a.m., 12 noon

DEC 13

DAM Christmas Party

DEC 24

Christmas Eve - Workouts:  
7a.m., 10a.m., 11a.m., 12 noon

DEC 25

Christmas - Workouts: 11a.m.  
and 12 noon

DEC 31

New Years Eve - No 6 & 7p.m.

JAN 1

New Years Day - 10a.m. &  
11a.m.

JANUARY

Hour Swim

## Davis turkeys to trot on Nov. 21

Hey there cross trainers! Looking for another way to exercise your little blood pumper? How about the Davis Turkey Trot.

Both the 5K & the 10K start right in front of the pool on B Street. Meet other DAM multi-sport athletes at the pool to run with, and don't forget to wear your 1-800-DAM-FAST shirt to be recognized by.

If you plan to swim intensive that day you better walk, ride a bike, skateboard, rollerblade, unicycle, pogo stick, or something other than drive - because there won't be any parking. Oooooohhhh, nooooooo!

## People keep asking, so treasurer answers

Last spring we filled out evaluation forms for the whole DAM program. One item was the newsletter.

There were a couple of comments about this 'column.' The one I'd like to comment on was that it often

seemed repetitive. All I can say is "You're right!" What can you expect from someone who repeats the workout times, the dues, what a workout is like etc. about once or twice a every day all year long!

I really repeat because even people who regularly read the Treasurer's Tips (and can you imagine—some people say they never read it) only tend to remember what they need to know at that time. So if I write about leave of absences this month, and swimmer X breaks his leg in March, the chances are good that he will call and ask how to take a leave, instead of remembering a column from several months ago. People who have

been members for years and who have read countless columns covering most imaginable situations call when their situation changes. (That's okay—Don has told one workout of swimmers that I get paid by the call!)

Others, who have been members for years, do not seem to understand that the re-enrollment forms that they have been filling out every quarter are actually required. So why do they have to pay the \$2.00 late fee when they didn't do it this once?

I appreciate 'my readership' and hope that for a few of you I will repeat the right information at the right time. Also I'm open for suggestions.

Next month we'll talk about renewing Pacific Masters Swimming registration and why I want all Davis Aquatic Masters members to do it during DAM Winter Quarter re-enrollment—AGAIN!

## Treasurer's Tips by Barbara Paulson

## DAM welcomes new members

Dana Hill  
Mike Catlin  
Mac McNaughton  
Carolee Gregg  
John Jr. Mills  
Markus Eklund  
Mike Lewis  
Gabriela Zim  
Ken Petruzzelli  
Laurie McLennan  
Christy Carr  
Leslie Kesling  
Mary Ann Williams  
Renee Paige  
Lynn Lathouwers  
Michelle Stevens  
Travis Nagler  
Michele Pontrelli  
Janet Lorton  
Kristine Dickey  
Lisa Nickerson  
Douglas Hardie  
Justin Tucker

Marcel Vifian  
Timothy Forsyth  
Scott Shea  
Erin Layng  
Stephanie Faulkner  
Ron Pritchard  
Amie Dirks  
Erin Wixson  
Brian Timmerman  
Thomas Ameika  
Erica Woods  
Iwalani Faulkner  
Dawn Natale  
Kendra Ishak  
Elbridge Gerry Pucket  
Scott Sutton  
Todd Bailey  
John Williams  
Sabine Bremm  
Kevin Newby  
Brian Carlisle  
Brian Fisher  
Troy Haight

Greg Scallon  
Brian Hill  
Nancy Stump  
Eric Saxman  
Shannon McQuaid  
Jerome Dengate  
Ulysses Ludwig  
Gayle Duncan  
Erin Robbins  
Erika Chicoine  
Todd Greene  
Amin Noueir  
Veronica Mata  
Kim Moneymaker  
Ben Buettner  
Leslie Corry  
Roger McDonald  
Cindy Toy  
Jill Newman  
Jessica Utts  
Mark Oslund

**Don't miss the Brute Squad Meet at 8 a.m.  
on Sunday, Nov. 22!! See page 4 for details.**

# The good, the bad and the ugly

## DAM honors 1992's best, worst and funniest swimmers

### Outstanding Service Awards

**OUTGOING BOARD MEMBERS**  
 Jim Frampton, Katy Barichievich,  
 Alberto Goenaga, & Melody Herbst

**NEWSLETTER EDITOR**  
 Deborah Smith

**DAM SECRETARY**  
 Marnelle Gleason

**DAM TREASURER**  
 Barbara Paulson

### Hall of Fame Winners

**MOST OUTSTANDING FEMALE COMPETITOR**  
 Anna Pettis-Scott

**MOST OUTSTANDING MALE COMPETITOR**  
 Andrew McPherson

**MOST IMPROVED COMPETITOR**  
 Christine Chichester

**MOST PLEASANT AT WORKOUT**  
 Mumulay Brown & Caroline House

**EARLIEST TO WORKOUT**  
 Charlie Plopper

**HARDEST WORKOUT SWIMMER**  
 Mark Applegate

### Hall of Shame Winners

**BIGGEST WORKOUT LOAFER**  
 Chris Oshiro

**BIGGEST WATER TEMPERATURE COMPLAINER**  
 Rand Schaal

**BIGGEST WORKOUT COMPLAINER**  
 Candace Cross-Drew

**DOUG HUESTIS AWARD (CHRONIC FIN DEPENDENCY)**  
 Roy Sachs

**BIGGEST LEACHES / LEAVE EARLY (DRAFTERS)**  
 Lane 4 - 7am

**BIGGEST LANE LINE PULLER**  
 Chris Oshiro

**LEAST LIKELY TO DO THE SET RIGHT**  
 Shirley Poffenburger

**LEAST-LIKELY-TO-BE-ON-TIME-TO-WORKOUT**  
 Jane Hinsdale

**MOST-TALKATIVE-DURING-ANNOUNCEMENTS**  
 Lane 3 - 10am

**LEAST-LIKELY -TO-FINISH-A-WORKOUT**  
 David Davies

#### 1992 LILLIAN ROWAN MEMORIAL AWARD

DOROTHY CHICHESTER

*This award was established  
 in honor of Lillian Rowan.  
 It is given to a senior who  
 demonstrates motivation,  
 dedication and achievement  
 as a DAM swimmer.*

#### Workout and Lap Swim Hours

**WORKOUTS: MONDAY - FRIDAY**

<b>Civic Center</b>	11 a.m.
6 a.m.	Noon
7 a.m.	6 p.m.
10 a.m.	7 p.m.

**WORKOUTS: SATURDAY**

Civic Center  
 8:30 a.m. - 10 a.m.

**WORKOUTS: SUNDAY**

Civic Center  
 8:30 a.m. - 9:30 a.m.

**LAP SWIM:**

**SATURDAY AND SUNDAY**  
 Civic Center  
 11 a.m. to 1 p.m.

#### Thanksgiving holiday workout schedule

**Thanksgiving Day:**  
 Workouts at 7 a.m., 8 a.m.,  
 10 a.m. and 11 a.m. only

**Friday after Thanksgiving:**  
 Workouts at 7 a.m., 10 a.m.,  
 11 a.m. and noon only

## Be a DAM brute!!

You don't have to join the Marines to become a member of an elite group that gets tortured with rigorous workouts — JOIN THE DAM BRUTE SQUAD!

A mere 200 Fly followed by a 400 IM followed by a 1,650 Free — and you even get rest between them (Oh, 3-5 minutes maybe). We don't want any wimps or complainers here, just masochists ready to beat their bodies into cardiovascular submission.

The event will take place at 8:00 a.m., Nov. 22 - Civic Center Pool. **NOTICE:** Regular Sunday Technique workout winnies who get out early - **STAY AWAY!**

The cost for the event is \$5 which includes a "DAM BRUTE SQUAD" swim cap (which can't be purchased in stores), and meet results. Evil sweat-shirts (designed by Andy "The Taz" McPherson) will also be available for an additional \$20. The event is limited to 24 entries, so turn in your entry soon! Check this newsletter for the club age group records in this event.

### DAM Brute Squad Entry Form

Make checks payable to: Davis Aquatic Masters

Entry: \$5      Entry with sweatshirt: \$25

Size:    M      L      XL

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

Previous Brute?      No      Yes

Please circle year  
88    89    90    91

*Please leave this form and your check in the drop box at the pool. Remember, only the first 24 entries will be accepted.*

## DAM Brute Squad Meet Records

200 Fly - 400 IM - 1,650 Free (as of 1/92)

Age Group	Name	200 Fly	400 IM	1,650 Free	Total Time	Yr
19-24	Kristine Dickey	2:30.54	5:05.78	19:00	26:36.32	91
	Darren Dutto	2:10.95	4:34.51	17:35	24:20.46	91
25-29	Anna Scott	2:29.82	5:13.89	19:30	27:13.89	91
	Mark Crosby	2:08.00	4:47.00	18:17	25:12.00	89
30-34	Melissa Beaty	2:41.00	5:37.00	21:40	29:58.00	90
	Chris Oshiro	2:16.85	4:57.24	20:00	27:14.09	91
35-39	Leslie Tatar	3:53.00	6:42.00	24:22	35:07.00	90
	Chazz Hesselein	2:56.85	5:42.81	22:35	30:34.66	91
40-44	Kit Lenz	3:29.00	6:24.00	24.31	34:24.00	90
	Andy McPherson	2:14.00	4:53.00	19:02	26:09.00	90
45-49	Mary Horton	3:52.16	7:34.81	27:21	38:47.97	91
	None					
50-54	Susan Munn	3:17.24	6:35.00	23:32	33:29.24	91
	Robert Schroeder	3:10.00	6:27.00	25:15	34:52.00	89
55-59	None					
	Bill Treguboff	4:32.31	7:34.02	28:38	40:44.71	91
60-64	None					
	Cap Thomson	3:34.00	7:41.00	30:23	41:48.00	90

### Brute Squad Statistics

	1991	1990	1989	1988
Total Participants	21	17	13	12
Female participants	10	9	4	1
Male participants	11	8	9	11
Club records set	7	6	1st Yr kept	N/A
First timers	13	N/A	N/A	N/A

**\$10 OFF FOR FIRST VISIT**



**Richard Strohl**  
Certified Massage Therapist

756-5087

AMTA MEMBER # 15795-4

**PROVIDING QUALITY BODYWORK  
FOR EXCEPTIONAL ATHLETES**

## November Swimmers of the Month: Bill and Ellen Watkins

November Swimmers of the Month Bill and Ellen Watkins joined DAM in the 1980s for fitness reasons. Bill began swimming in 1980 and Ellen began in 1987. They awake early every morning for the 7 a.m. workout.

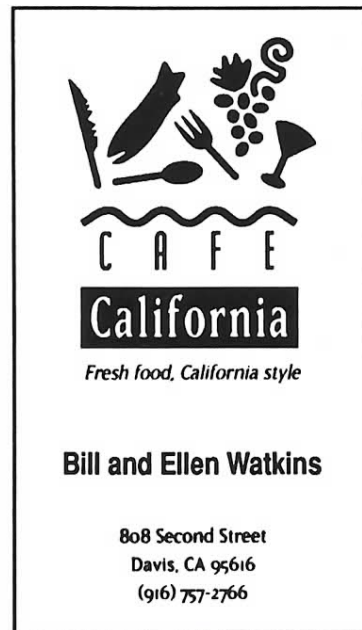
Bill joined DAM to "do something healthy." Since his office at the school district was right across the street, Bill decided to start swimming. At first, he could not complete 25 yards without stopping. Through determination and hard work, however, Bill now completes the workout. He enjoys the program because it does not tax the body, it's good for aging and the times are flexible. The coaching staff and other swimmers are definite pluses as well.

Ellen, also an educator, began swimming for fitness a few years

after Bill. Before becoming a swimming enthusiast, Ellen was an avid tennis player. She enjoys the club environment and appreciates the coaches. Both Ellen and Bill enjoy swimming together early in the morning because it is time they spend together doing something they love.

Bill and Ellen take interest in the club activities. Both volunteered at the 1992 Great North Triathlon. Bill ran for the board in a past election. Although they don't compete at meets, they willingly help with timing or set-up and encourage their teammates to swim hard. Thank you Bill and Ellen.

*A special thank you to Cafe California for awarding the Swimmers of the Month dinners.*



## Happy Birthday to:

Erin Robbins	11/1
Kirsten Gilardi	11/2
Reyine Audrey	11/3
Janet Lorton	1/4
Karen Hallis	11/5
Leslie Tatar	11/5
Ann Noble	11/6
David Frankel	11/9
James Frampton	11/13
Kim Borah	11/13
Ken Petruzzelli	11/14
Jill Spangenberg	11/17
Margrethe Mathisen	11/17
Milt Blackman	11/18
Emily Andrada	11/18
Linda Aston	11/18
Rick Moss	11/19
Sharon Pinedo	11/20
Anita Whipple	11/20
Marilyn Ruts	11/22
Sean O'Connor	11/23
Judy Clark	11/24
George Tibbitts	11/25
Ari Rozycki	11/25
Karen Galbreath	11/26
Steffi Moss	11/29
Vonda Fago	11/30

## DAM/FINALS Team Suit Order Form

Support DAM and the FINALS (donator of suits for our Outstanding Performance of the Month Award), and get a great deal too!

The new suit style is "Incognito" with the DAM logo embroidered on it. It won't flake off like screening can. See pictures and samples of the suits at the pool. Prices include embroidered team logo, tax, & shipping. Also, FINALS is running a special for meet swimmers - if you buy a lycra suit, you can get a paper suit for \$20 (male) or \$30 (female)!

#1118-04 Male Nylon (24-38)	\$ 18.00
#1458-04 Male Lycra (24-38)	20.00
#1708-04 Male Paper (24-38)	32.00/20.00*
#8188-04 Female Nylon w/ Lycra Straps V-Back (24-40)	30.00
#8538-04 Female Lycra Super V-Back (24-38)	36.00
#8718-04 Female Paper Super V-Back(24-34)	50.00/30.00*

\* if ordered with a lycra suit

Make checks payable to: Davis Aquatic Masters (DAM)  
Return to Mike Collins by Tuesday, November 10.

Name: \_\_\_\_\_

Style #	Size	Qty	Each	Total
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

TOTAL: \_\_\_\_\_

## POWER FOODS Tip of the Month

The following was taken from Dr. Liz Applegate's book *POWER FOODS* available at Walden Books or the Avid Reader. Liz lectures at UC Davis and is a long-time DAM swimmer.

### Race Foods

Here's a list of easy-to-take-along high-cash foods to eat during racing or training. Use 100 calories every 30 minutes as a starting point and tailor your race day eating to your needs.

Food	Portion	Calories
Apple	1	80
Apricots, dried	1/4 cup	80
Bagel	1	160
Banana	1	120
Bread	1 slice	80
Dates	5	125
Fig bars	2	100
Figs	3	120
Fruit leather	1 oz	100
Gingersnaps	3	90
Grapes	1 cup	60
Melon	1 cup	55
Peach, fresh	1	40
Peaches, dried	1/4 cup	96
Pear, fresh	1	90
Pears, dried	1/4 cup	115
Potato, baked	1 med	140
Prunes	1/4 cup	95
Raisin-filled biscuit	1	50
Raisins	1/4 cup	110
Rice, with 1 tsp. sugar	1/2 cup	95
Vanilla wafers	5	90

## THE FINALS

STEVE CARLSON

### November Outstanding Performance Winner

This guy doesn't get it! You is supposed to get slowwwer as you's gits older. Steve Carlson is just warming up.

He won FIVE events in the 70-74 age group at the recent World Senior Games in St. George, Utah Oct. 17-18. (50 Free 32.1, 100 Free 1:11.3, 200 Free 2:40.2, 500 Free 7:22.7, and 100 IM 1:31.6) Both the 200 Free and 500 Free times were new Senior Games records.

I guess that's what taking the summer off to fish (Fishing = excuse to drink beer away from his wife) will do for your swimming. I hope I'm that fast at 50!

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

## Grocery fundraiser bringing in \$\$ for capital improvements

Several people have asked whether we have made much money with this fundraiser. In five months Davis Aquatic Masters has brought in more than \$600 for the Capital improvement fund. About 10 percent of club members have participated.

Two people have purchased more than \$1000 in grocery store certificates; 10 have purchased between \$300 and \$600. If everyone in the club (at least those who shop at Safeway, Lucky's, State Market, and Farmtown Market) participated we could be making approximately

\$1,000 per month.

Some people have purchased the certificates only once; others purchase them every month. So far I have heard only one complaint about the certificates. One poor swimmer checked the wrong box and mistakenly purchased certificates for a store that he didn't usually go to. He had to forego eating for a couple of weeks while we straightened it out—that may be the extremely thin swimmer in your workout!

If you haven't tried it out, why not start this month? There are

forms at the pool and on page 7 of this newsletter.

Checks for all but Lucky's are due by the 30th (If it will help, I do not usually cash them until after the first of the month.) Lucky's checks are due by the 8th.

If you have any questions or are interested in helping with the details of this fundraiser, call Barb Paulson. Also let Barb or a board member know if you have any suggestions about encouraging more people to try it, or how to make it run more smoothly.

**DAM November 92**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Technique Workout: 8:30-9:30am "Turns" Lap Swim 11-1 (no more 5-6)  1	Stroke/IM  2	Sprint/Fins  3	Mid-Distance  4	Stroke/IM  5	Distance  6	Workout: 8:30 Lap Swim 11-1  7
Technique Workout: 8:30-9:30am Starts & Turns Lap Swim 11-1 (no more 5-6)  8	Stroke/IM  9	Sprint/Fins  10	Mid-Distance  11	Stroke/IM  12	Distance  13	No Intensive Workout Lap Swim 11-1 <b>PMS Short Course Meters</b> 14
No Technique Workout Lap Swim 11-1 <b>PMS Short Course Meters</b> 15	Stroke/IM  16	Sprint/Fins  17	Mid-Distance  18	Stroke/IM  19	Distance  20	Intensive 8:30-10:00am Lap Swim 11-1  <b>TURKEY TROT 5 &amp; 10K</b> 21
No Technique Workout Lap Swim 11-1  <b>BRUTE SQUAD MEET 8:00</b> 22	Stroke/IM  23	Sprint/Fins  24	Mid-Distance  25	<b>Thanksgiving</b>  Workouts: 7,8,10,11 only 26	Distance  27	Workout: 8:30 Lap Swim 11-1  28
Technique Workout: 8:30-9:30am Freestyle Lap Swim 11-1  29	Stroke/IM  30					

**Quote of the Month - Each of us is great insofar as we perceive and act on the infinite possibilities which lie undiscovered and unrecognized about us. - James Harvey Robinson**



P.O. Box 921  
Davis, CA

**DAM Board of Directors**

- Jim Frampton 753-1103
- Alberto Goenaga 756-4906
- Melody Herbst 753-1234
- Katy Barichievich 662-2170
- Tom McKenna 756-7427
- Larry Olsen 758-9644
- Charlie Plopper 753-7673

**Head Coach**

Mike Collins 758-7212

**Assistant Coach**

Don Veress 756-1610

**Treasurer**

Barbara Paulson 756-4234

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Deborah Smith 758-7707

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