

Stroke Improvement Time is Back



Coach's Column
by Michael Collins



Welcome back to school - students and faculty. Time to get back into the stroke of things now that summer traveling is over. October is an opportunity to learn at DAM as well as at UCD. Stroke Improvement Month means we will be putting special emphasis on teaching proper stroke mechanics in a different stroke each week as follows:

Oct. 3-9	Butterfly	Oct. 10-16	Backstroke
Oct. 17-23	Breaststroke	Oct. 24-30	Freestyle

If you find yourself particularly weak in one or more strokes, make the extra effort to make it to practice every day of that particular week. We will be breaking the stroke down into small pieces (i.e., kick, pull, timing, etc.) to make learning each segment easier. Make a special effort to listen carefully to the drill explanations and to execute them PERFECTLY! Doing drills improperly will only re-enforce bad habits. Remember to always be aware of how streamlined you are in the water.

Video taping will be offered at the Sunday technique workouts on Oct. 16 & 23. To really see what you are doing right & wrong sign up for this enlightening experience.

Don't hesitate to ask the coaching staff questions if you don't understand something - we're here to help you learn and improve! Don't miss these great opportunities to work on your weaker strokes. I GUARANTEE your freestyle will improve if you learn to swim the other strokes more efficiently and faster.

WORKOUT CHANGES

1 PM Returns Monday October 10

FINALLY, the summer break is over for the 1 PM workout. This is definitely one of the best kept secret workouts at DAM. For uncrowded lanes and the warmest weather of the day - DON'T MISS IT!

New and inexperienced swimmers

Don't forget to come to the Fitness Lap Swimming Classes held Mon-Wed-Fri at Emerson at 6:45 PM - October 10-21. This class is co-sponsored by the City of Davis and DAM. USMS Registration is not required. Tell your rookie friends about it. DAM members are welcome to swim without registering with the city. You'll learn a lot in a short time. These are technique & etiquette development workouts.

Weekday Intensive Workouts At Emerson

Tuesdays & Thursdays 6:30-8:00 AM. Starting Tuesday October 4 and running through Tuesday November 22. Be on time, stay the whole time, and expect some TOUGH sets! This workout will end on Nov. 22 with the USMS Postal 6,000 Championship.

DAM Hours	
Workouts	
Civic Center Pool	
Monday-Friday	
6 AM	noon
7 AM	1 PM
10 AM	7 PM
11 AM	
Community Pool	
6:15 PM	
Saturday	
Intensive	
8:30-10 AM	
Sunday	
Technique	
8:30-9:30 AM	
Lap Swim	
Civic Center	
Saturday & Sunday	
11 AM-1 PM	

Fall Swim Meets

There are a few good meets coming up this fall. October 8 will be our inter squad Middle Distance Pentathlon (100 of each stroke + 200 IM). October 22 is the Distance Pentathlon (200 of each stroke + 400 IM). November 5-6 is the PMS Short Course Meters Championships in Los Altos. They ran a great meet last year! Sunday November 20 is the famous DAM Brute Squad Meet (200 Fly + 400 IM + 1,650 Free). This event will make every workout you do for the next year seem like a piece of cake. Finally we will wrap up the 94 competition season with a trip to Reno for their new Winter Meet. I'm sure we will find the time to do a bit of gambling and maybe take in a show. Remember, all abilities, ages, and speeds are welcome to attend. Meets are a great place to socialize and learn more about swimming in a few hours than in an entire month of workouts. See upcoming events in this newsletter for entry details.

October Workout Schedule

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

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• **DAM 20th Anniversary Celebration** •
•••••

by Verne Scott

Over 200 former and current DAM members and 30 kids enjoyed the 20th Anniversary Celebration on Sunday, September 11th.

Club members who joined in 1974 and who are currently enrolled and attended the reunion included: Gerry Bowes, Jim Frampton, Jane Hinsdale, Dot and Verne Scott. Another member of the 74 class who attended the reunion was Doug Matheson from Salinas, CA.

The former member who traveled the greatest distance to attend was Henrietta Stern from Pacific Grove, CA. Other out-of-towners were: Patti and Rick Baier (Sonora), Sharon Bell-Keyworth (Palo Alto), Anne Garson (Santa Rosa), Kelly Ryan-Warner (Moraga), Mary Hendrickson and Joe Scalmanini (Pleasant Hill), Nancy Sorenson (Martinez), and Peter Timm (Dixon).

Regrets were received from Ronelle Bargones-Swanson (San Diego), Judy Boock (Davis), Diane and Bob Cowden (Joseph, OR), Lisa Housman (Boston, MA), Missy LeStrange (Visalia), Gail and Jim Maynard (Sacramento), John Reganold (Pullman, WA), Katie VanDorn-Johnson (Missoula, MT), and Leah Wineberg-Barron (Auburn, NY).

Active members with the most grandchildren are Janet and Ken Kimble with 8.

Also attending the reunion were two currently active senior members, Carmelita Tate (82) and Steve Carlson (75), along with Dorothy Chichester, who was the first recipient of the Lillian Rowan Award.

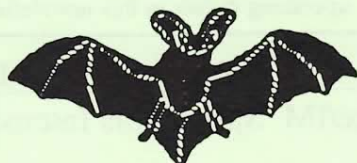
Some history on the club was given as follows: The formal organization of DAM was preceded by 4 adult swimmers requesting some coaching from Jerry Hinsdale in the summer of 1973. They were accommodated by swimming with the age group team, which Jerry coached at that time in addition to coaching the UCD swimming and water polo teams.

In March 1974 Jerry asked Dave Scott if he would be interested in coaching adults. Dave said "yes", and arrangements were made to use the UCD Hickey Pool at 5:30 PM. The initial membership was 11 swimmers. By November 52 members were enrolled. By November 1975, the club had 104 swimmers and 2 assistant coaches.

Brief remarks were given by Jerry, Dave and Mike Collins.

Dave in his comments said he was pleased that the program had made such an impact on so many individuals' lives, even though many had moved from Davis or were not current members.

Tremendous thanks go to Milt Blackman, Chair of the celebration and Gary Miller, Liaison Member of the Board for organizing the event and to Mumalay Rajan for an outstanding food menu which she catered.



20th Anniversary Photo

For those who attended the 20th Anniversary Celebration, most are aware that a group photo was taken by Dave Davies, and it turned out good for such a large group. A copy is posted on the Civic Center bulletin board.

If you would like to order one or more photos (\$3 for a 5 x 7 and \$6 for a 9 x 10), please place your money and order with your current address in an envelope addressed to Barbara Paulson, DAM, P. O. Box 921, Davis, CA 95617, or put the envelope in the mail box at the pool.

•••••
• **Treasurer's Tips** •
• by Barbara Paulson •
•••••

Now is the time to welcome back all of the swimmers who took the summer off. Depending on the circumstances, some of these swimmers began in September and some in October. If you came back early enough to re-enroll, you will be assigned to a workout unless your requested time was full. If you did not re-enroll, I will switch you from on leave to an unassigned swimmer as soon as you indicate that you are no longer on leave. The usual way of doing this is by paying your dues. Since I automatically re-enroll everyone who has been on leave for the third month of the quarter, you do not have to worry about the late re-enrollment fee if you had been out of town. To be officially on leave you must first have requested it, then you must also pay \$2.00 per month of leave. Only if the fee has been paid do you receive the benefits of being on leave.

Gurgles of Gossip

Coach Don Goes To Ironman

Don & Julie Veress will be traveling to the Hawaii Ironman in Kona Oct. 13-20. NO, NOT TO COMPETE — to watch long time friend, 40 year old Dave Scott, attempt winning the most prestigious event in the triathlon world for the 7th time.

More DAM Weddings

Long time DAM members Nick Kurth & Ann Motekaitis were married on September 10, 1994 in the Bay Area.

Assistant Coach Kip Freytag was married to Frieder (not a DAM swimmer) on September 4th at a mountain top ski station.

Outstanding Performance of the Month



Scott Harris

by Michael Collins

Scott Harris dominated the 40-44 age group at the Whiskeytown 1 & 2 Mile Swims. Scott won his age group in both the One Mile and the Two Mile. His age groups wins helped DAM to take home the first place trophy in the small team division. (Times and additional details were unavailable at press time.)

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

Candidate's Statement for DAM Board

Name: **Gayle M. BonDurant**



Workout: 1 PM or noon

Distinguishing Features: laughs a lot and likes to socialize, loves stroke/IM days, is part of the Monday/Friday post-workout lunch group

Swimming history

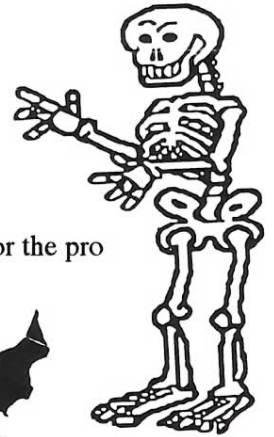
- * The basic Red Cross courses as a child
- * Since there were no organized sports for females in my town, my aquatic skills led me to water ballet (hence the slow turnover which persists years later)
- * Denying the aging process, joined DAM in 1976, just six months shy of 30th birthday
- * Swam at a consistent, non-taxing rate for the next 16 years until encouraged by Betty Dugan to start competing
- * Have been competing in short course meets the past two years and love the camaraderie and new focus this has provided

Swimming Highlights

- * At age 6 in advanced beginners was duped into holding my breath and going underwater where a precocious boy kissed me
- * Swimming on 45+ relays with Andy McPherson and kicking butt (as Mike would say)

Personal qualifications

- * Extremely organized and conscientious (verging on compulsive)
- * Very excited about the benefits of masters swimming and an enthusiastic spokesperson for the program
- * Gregarious and like to have fun with lots of folks
- * Repository of jokes and an easy mark for Don's anecdotes



Past volunteer work with DAM

- * In the olden days, helped type the newsletter (yes, on a typewriter)
- * Secretary to the board in the Dave Scott era
- * Berryessa volunteer

In my other life I work part-time managing the Design Collection in the Dept. of Environmental Design, play lots of tennis, make jewelry, sew, knit, and worry that my teenage son is not perfect.

MEET RESULTS	Whiskeytown Swim (Partial Results)			Senior Olympics: San Diego Sept. 17-18		
	Team Place: 1st in Small Team Division			50 Meter Pool		
	<u>1 Mile</u>			Emory Haworth, 58		
	Scott Harris	40-44	1st	50 Fly	36.28	1st
	Susan Munn	55-59	1st	200 Free	2:46.72	1st
	<u>2 Mile</u>			50 Breast	40.94	2nd
	Scott Harris	40-44	1st	100 Breast	1:34.59	2nd
	Ted Deacon	45-49	1st	50 Free	31.10	2nd
	Emory Haworth	55-59	1st	100 Free	1:11.97	2nd
	Susan Munn	55-59	1st	200 IM	3:06.96	2nd



Swimmer of the Month
MILT BLACKMAN



1620 E EIGHTH ST.
DAVIS, CA 95616
(916) 756-3850

The Swimmer of the Month for October is Milt Blackman. Milt was the organizer of DAM's 20th Anniversary Party. He did a great job! "It was very gratifying and he received a lot of thank-yous from party-goers" according to Milt's wife Lorna Belden who I interviewed for this month's column. Surprise, Milt!

Milt has frequently acted as "social chair" for DAM. Lorna describes him as "a great organizer." In addition to the anniversary party he has organized skiing trips, on both snow and water, the Christmas party for which he makes his famous mulled wine and helped out on the Lake Berryessa swim to name a few. It was through masters that Milt met Lorna. They used to go to the same swim meets and triathlons and it was post-triathlon nurturing that led to romance.

Milt swims every Monday and Friday at noon and has been a member of DAM since 1976. He is an optometrist here in Davis and "he loves his job". He is also on the Board of Directors of the California Optometric Association. Many members of DAM are his patients.

It was Joe Scalmanini, a patient of Milt's, who first encouraged him to become a member of DAM. He decided to join "to keep fit and in shape so that he'd be ready for the winter ski season". Now "it's more because of the camaraderie and friendships that he's developed over the years that keep him coming back to Masters".

Davis Aquatic Masters
CONTRIBUTOR MEMBERS
1993-1994

Gold (donors of \$100)

1. Lucille Barry
2. Rand Schaal
3. Susan Munn
4. Gayle & Barbara Benty and Jim Tanner
5. Mary Ann Williams
6. Carmel Tate (double gold)
7. Paul
8. Paul Griffin

Silver (donors of \$50)

1. Sally Wood

Bronze (donors of \$25)

1. Jean Fritzen
2. Xiao Ye
3. Ted Deacon

HAPPY BIRTHDAY

Susan Munn	10/1
Heather Wright	10/1
Wendy Yoder	10/2
Barbara Mathews	10/2
Margaret Turano	10/3
Barbara Benty	10/6
Ann Slavin	10/7
Toni Horton	10/7
Art Krener	10/8
Scott Hawley	10/8
Peggy Kerstetter	10/9
Cary Craig	10/10
Cathy Toff	10/11
Brian Kissell	10/11
Matt Browning	10/11
Maggie Larsen	10/12
Geraldine Hall	10/12
Jim Mehl	10/13
Jack Hicks	10/15
Lawrence Glasser	10/15
Jason Parnes	10/16
Michelle Stevens	10/19
Chris Bruhn	10/20
Susan Stover	10/20
Kirk Freeman	10/21
Susan McDannald	10/25
Diane Davis	10/26
Craig Harris	10/26
James Carey	10/26
Chad Hampton	10/27
Stephanie Koop	10/28
Brian Fisher	10/29
Barb Paulson	10/30
Lucille Barry	10/31
Jennifer Clark	10/31
Nicholas Ewing	10/31



**Next Reenrollment
period for
Winter Quarter
will be**

December 12-23, 1994



DAM Annual Meeting & Awards Party

Date & Time:

Sunday, October 16. 6:30 PM

Location:

Stonegate Country Club, Lake Blvd. in West Davis

What to Bring:

A-D: Desserts

E-M: Main Dish

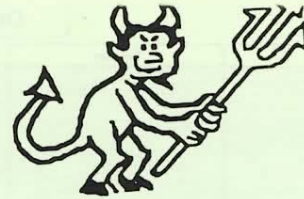
N-S: Veggies & Side Dishes

T-Z: Salads

What to wear:

Casual to Impress

(no swim suits or slippers)



Videotaping Opportunities

Sunday Oct. 16, 8:30 AM

Fly or Back

Sunday Oct. 23, 8:30 AM

Breastroke or Free

Sign up at clinic \$6.00



Pentathlon Fever

In conjunction with Stroke Improvement Month, October will also be **Pentathlon Month**. We will do the middle distance and distance pentathlons during the 8:30 AM Intensive workouts on the following dates:

Sat. Oct. 8 **MID-DISTANCE PENTATHLON:** 100 of each stroke + 200 IM

Sat. Oct. 22 **DISTANCE PENTATHLON:** 200 of each stroke + 400 IM

Nov. 5 & 6: PMS Short Course Meters Championships @ Los Altos

All events offered! Turn in your entries to Coach Mike by Oct. 20. Reservations for 5 hotel rooms at the American Inn have been made. Entry forms and cards are available at Civic.

Brute Squad 94: Sunday, November 20, 9 AM

Come out, come out, wherever you are - you BRUTE! The tradition continues of completing the three ugliest events in swimming, all in one workout: 200 Fly + 400 IM + 1,650 Free. Join the few, the proud, the stupid, **THE DAM BRUTE SQUAD**. Entry fee of \$30 includes Brute Squad cap & sweatshirt.

Postal 6,000 Swim - Tues. Nov. 22. 6:30 AM at Emerson

What a way to finish up the weekday Intensive workouts for 1994. Enter the USMS Postal 6,000 Championship. Last year 9 DAM swimmers entered. Let's get 15 this year! Let's show the country we can handle more than an Hour Swim and win the team title in the 6,000! Relay teams consist of 3 people. Entry forms are available from coach Mike.

Reno Short Course Meet: Saturday December 3

No details yet, but we'll have them in the November newsletter

DAM Holiday Party (AKA: Betty Dugan Bash): Sunday December 11.

Don't miss this classy event. Bring a gift for the popular gift exchange game.

Upcoming Events

WELCOME

Heidi McKenna

Diana Hassel

Kelly Gaskill

Matt Browning

Jay Montoya

Erin Healey

Shelly Uyeda

Jason Merritt

Shawn Shaw

Carolann Birrittier

Pat Phermsangngam

Cara Hane

Roger King

Richard Michelmore

Susan McDannald

Geraldine Hall

Michele Clouter

Mark Stinson

JoAnne Fillatti

Valerie Whitworth

Keith Jeffrey

Gregg Recanzone

Julie Tilson

Michael Geving

Tobin Richardson

Deborah Pittman

Jessica Greene

Mark Schwartz

Mary Parlange

Laura Thirion

Kenneth Hong

Jason Hioco

Norbert Wilson

October DAM 1994

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Intensive 8:30-10 AM Lap Swim 11-2
Technique 8:30 AM Lap Swim 11-2	Middle Distance	Stroke/IM	Distance	Stroke/IM	Sprint/Fins	Intensive 8:30-10 AM Mid-Distance Pentathlon Lap Swim 11-2
2	3	4	5	6	7	8
Civic Center Pool Closed: 6 AM, 7 AM, & 7 PM @ Manor (Slide Hill Park) 10,11,12, & 6:15 PM @ Community						
Technique 8:30 AM Lap Swim 11-2	Middle Distance	Stroke/IM	Distance	Stroke/IM	Sprint/Fins	Intensive 8:30-10 AM Lap Swim 11-2
9	10	11	12	13	14	15
BACKSTROKE IMPROVEMENT WEEK						
Technique: 8:30 AM Fly & Back Video Lap Swim: 11-2	Middle Distance	Stroke/IM	Distance	Stroke/IM	Sprint/Fins	Intensive 8:30-10 AM Distance Pentathlon Lap Swim 11-2
16	17	18	19	20	21	22
BREASTSTROKE IMPROVEMENT WEEK						
Technique 8:30 AM Breast & Free Video Taping Lap Swim 11-2	Middle Distance	Stroke/IM	Distance	Stroke/IM	Sprint/Fins	Intensive 8:30-10 AM Lap Swim 11-2
23	24	25	26	27	28	29
FREESTYLE IMPROVEMENT WEEK						
Technique 8:30 AM Lap Swim 11-2	Middle Distance					
30	31					

Quote of the Month: "The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor." -Vincent T.



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