



The Record Times

**DAVIS
AQUATIC MASTERS**

Volume IV, Number 9

September 1993

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

EXTRA! EXTRA!

EXTRA! Workouts Added

Tuesday & Thursday Intensive - 6:30-8 AM at Emerson Jr. High

The most popular DAM workouts in terms of attendance have been the Saturday Intensive, 6 am, and long course. In order to alleviate the overcrowding at 6 am workout at Civic, as well as offer more Intensive workouts during the week, two new Intensive workouts will be offered. This is a test program which will run from Sept. 14 through November 23. The DAM board of directors will evaluate the program based on attendance and club membership to decide if this should be continued after the first of the year.

Monday - Thursday Swim Classes - 6:30-8 PM

In an effort to meet the needs of our entire membership as well as recruit new members who have reservations about joining a "Masters" program, DAM, in a joint effort with the City of Davis, will be offering four, two-week session swim classes at Emerson Jr. High. The cost is \$15 for sign ups through the City, but it is free for DAM members. Each session is limited to 20 swimmers.

Session	Date	Topic/Emphasis
Session #1	Sept. 13- 23	Freestyle & Backstroke Introduction
Session #2	Sept. 27-Oct. 7	Freestyle & Breaststroke Introduction
Session #3	Oct. 11-21	Freestyle & Butterfly Introduction
Session #4	Oct. 25-Nov. 4	Freestyle, IM, & Turns

If you are interested in seeing these workouts last, do your best to support them with your attendance or by recommending them to a friend!

Civic Center Pool will be closed for repairs the first two weeks of October (Monday Oct. 4th-Sunday Oct. 17). Civic Center Pool workouts will all be held at Manor Pool during this period.

DAM Hours

Workouts

Civic Center Pool

Monday-Friday

6 am	noon
7 am	1 pm
10 am	7 pm
11am	
Community 6 pm	

**Tuesday & Thursday
Intensive
Emerson 6:30-8:00 am
(Starts September 14)**

**Saturday
Intensive 8:30-10am**

**Sunday
Technique 8:30-9:30**

**Lap Swim
Civic Center
Saturday & Sunday
11am-1pm**

Congrats!

Congratulations to the girls Davis High School swim team coached by DAMer Tina Neill.

They ranked first in the nation for public schools and fourth overall this past swim season.

Way to go Tina and girls!

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

**Lillian Rowan Award
Nominations Due by October 8**

In the Spring of 1992 a very special person on our team passed away. Lillian Rowan was the oldest member of DAM, but she was also one of the most charismatic. She was a happy person, exciting to be around and listen to. She always made coaching the 10 AM workout extra fun when she was around. Her wit was sharp and quick. It was easy to see that she enjoyed life. In honor of her, the DAM Board of Directors and the seniors continue to honor her by presenting the Lillian Rowan Memorial Award. The perpetual award plaque, created by artist and DAM member Donna Billick, is mounted at the pool.

Dorothy Chichester was the first recipient of the award in 1992.

The award will be presented at the DAM Annual Meeting & Awards on Sunday, October 17, to a senior swimmer (age 55+). Anyone in the club can nominate a senior. The selection committee selects a recipient based on the following criteria:

1. Motivation : for self and others through example and philosophy; providing inspiration and wisdom with regards to swimming and to life; and helping others in ways that gives them pleasure in that help.

2. Dedication: to a healthy and fit lifestyle, in general, and to service to and improvement in DAM.

3. Achievement: in goal setting and swimming achievement based on one's abilities, and maintaining a swimming program inspite of physical obstacles.

4. Other Contributions: to individuals and the community.

So, if you would like to nominate a senior who you feel deserves this recognition, submit your nomination in writing by October 8th. Be sure to include any special reasons why the nominee deserves the award.

Fall Coaching Schedule

Time	Pool	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
6AM	Civic	Mike	Don	Don	Don	Mike	-	-
7AM	Civic	Mike	Don	Don	Don	Mike	-	-
10AM	Civic	Mike	Don	Don	Don	Mike	-	-
11AM	Civic	Don	Mike	Mike	Mike	Don	-	-
12PM	Civic	Don	Mike	Mike	Mike	Don	-	-
1PM	Civic	Don	Mike	Mike	Mike	Don	-	-
7PM	Civic	Jeff	Jeff	Jeff	Jeff	Jeff	-	-
8:30AM	Civic	-	-	-	-	-	Don	Mike
6PM	Comm.	Don	Don	Don	Don	Don	-	-
6:30AM	Emerson	-	Mike	-	Mike	-	-	-
6:30PM	Emerson	-	Mike	Mike	Mike	Mike	-	-

September Swimmer of the Month

This month we have two swimmers of the month to recognize. The husband-and-wife team of Robert and Roswita Norris claim that title. Typical of husbands and wives, they had a disagreement on which year they joined DAM, but came to the conclusion it was 1976. Roswita started first after a friend, Hazel Putterman, told her about DAM. She says it made no sense to her at first, but she could swim and there were no mountains to climb in Davis. After watching her kids swim with the Aquadarts for hours on end, Roswita figured her kids could watch *her* swim. Robert joined a bit later along with George Gianinni. Both had been working out at UCD uncoached, and apparently it took some talking to convince them that the program was worth it. Well, 17 years later, Robert and Roswita are still swimming, and at this year's Long Course Nationals Robert won the 200 meter backstroke in the 55-59 age group, and Roswita both swam and acted as officail Stroke and Turn Judge.

Both Robert and Roswita agree that Robert is the fiercer competitor. Robert was in the first British National Masters Championships in York in '81, won the National Championship 100 and 200 back in '89, and routinely places in the top ten nationally.

Roswita says that she "tags along" to meets, but she really does more. In addition to competing, she often works as an Official. When Roswita first started she could barely do one length of free, but could do breaststroke all day long.

Roswita and Robert have volunteered countless hours to the club ranging from various committees, swim meet organization, Berryessa Swim helpers to scraping the algae off the bottom of Civic Center Pool. Here's to our dynamic duo...Congratulations and thanks!

A special thank you to Larry Olsen and Cafe California for awarding complimentary dinners to our Swimmers of the Month.



Robert and Roswita Norris

808 Second Street
Davis, CA 95616
(916) 757-2766

Treasurer's Tips
by Barbara Paulson

In August the board voted to make it easier for each Davis Aquatic Masters member to have an official DAM T-shirt. All you need to do is to get someone to join. After they have paid fees for one full month, and credit you with asking them to join, you will be able to receive a free T-shirt. This special offer will start in September when the Fall quarter new member forms come out. On the form, there will be a place for the new member to write in who has recommended DAM to them. Be sure your friend writes in your name. After they have paid all their fees (including fees for a complete month, so there may be a lag time if they first pay for a partial month.), and all checks have cleared the bank, you will be sent a certificate which you can turn in to one of the coaches for your free T-shirt. This is our way of rewarding those who help to keep our membership up, which in turn helps to keep our dues down.

A reminder about re-enrollment: Fall re-enrollment forms will be out on September 13th. They must be postmarked or turned in to the drop box at Civic Center Pool by September 24th. Although, you may pay October or Fall Quarter dues when you turn in the form, they are not due at that time. Every member who has joined before September 1st must re-enroll in order to avoid the \$2.00 late fee. Call me if you have any questions about re-enrollment or earning a free T-Shirt—756-4234.

Freestyle Video Analysis - Sunday September 19, 8-10 am

Details: Sign-up on the sheet posted at Civic. It's limited to the first 10 people!

8-8:30 AM: Watch Freestyle instructional video

8:30-9:15 AM: Work on drills and stroke mechanics in the water

9:15-9:30: Videotape your Freestyle from 4 different angles

9:30-10:00: Review tape and receive critique sheet to keep with your tape.

Cost: \$6 if you bring your own tape. \$10 includes tape.

HAPPY BIRTHDAY

Patti Gay	9/1
Cliff Dimond	9/1
Ann Owings	9/3
David Ferrick	9/3
Erin Mack	9/3
Kent Yinger	9/3
Carolyn Thomas	9/4
Troy Haight	9/4
Jane Irvine	9/5
Linda Hood	9/6
David Bressler	9/7
Todd Bailey	9/8
Scott Harris	9/9
Linda Walton	9/10
Christine Barr	9/12
Margery Hall	9/13
Rebecca Owings	9/14
Neil Robinson	9/14
Amy Treadwell	9/14
Gini Oberholzer	9/17
Larry Olsen	9/18
Beth Mangini	9/18
Kathleen Francis	9/18
Mary Burke	9/21
Gila Libet	9/21
Bryant Sih	9/21
Michael Fain	9/26
Julie Kuo	9/26
Kerry Halsted	9/27
Gary Helfeldt	9/27
Lynn Schroeder	9/28
Roger McDonald	9/28
Maribeth Hutson	9/28
Karen Pesis	9/29
David DeYoung	9/30
John Haughey	9/30

1 PM Workout Returns!

Starting Monday September 13 the 1 pm workout is back at Civic! Remember our situation is a "chicken and the egg" thing - the more members we have, the more workouts we can offer. The fewer members we have, the fewer workouts we can offer. Encourage your friends to swim! Don't forget the Membership incentive of a "1-800-DAM-FAST" T-shirt for each new member you get to sign-up, join USMS, and pay for a full month or more. Remember to put your name on the new membership application under "Recommended by:" before

6:00 pm Workout Moves To Community

Starting Tuesday September 7 the 6 pm workout moves back to Community Park Pool.

DAM Fundraising

\$\$\$\$\$ SCRIPT \$\$\$\$\$

by Barb Paulson

'What an easy way for the team to earn money!' This is a quote from one of our members who regularly buys grocery store coupons. It is true that at least 99.9% of our members eat on a somewhat regular basis. Except for a few swimmers who live in the dorms, most of those eaters buy some of their groceries in local grocery stores. There are now eight stores that are helping the local swim groups. If you do any shopping at Safeway, State Market, Lucky, Farmtown, Albertson's, The Co-op, Longs, or Nugget Market, you can help your team. Nugget Market will give a rebate on grocery store receipts. For Nugget Market shoppers, just save your receipts and turn them in to the drop box at Civic Center Pool. For any of the other stores, write a check to DAM for the amount of script you would like and mail it in or drop it in the box. I will get you the scrip as soon as I can. I try to keep some available during the month, to be able to fill the order on the spot. All script is ordered near the first of the month, so if I get the check then, I can be sure to order enough for you. Use the order form on page 6 in the newsletter or the purple forms at the pool will once again be available.

DAM SWIM SHOP

We currently have a limited supply of the following items in stock. They are available from Coach Mike or Don at Civic Pool.

Item	Cost
Caps	
Blue w/ White Logo	\$3.00
White w/ Blue Logo	\$3.00
Special	2 for \$5.00
Blank Caps	\$1.00
Goggles	
Speedo Sprint	\$6.00
TYR Racetech Antifog	\$8.00
Swim Suits	
Men's Nylon w/ logo	\$20.00
Men's Lycra w/ logo	\$20.00
Women's Nylon w/ logo	\$30.00
Women's Lycra w/ logo	\$40.00
DAM Logo Clothing	
Navy Hooded Sweatshirt	\$30.00
Green polo shirt (100%)	\$25.00
Navy polo shirt (50/50)	\$15.00
Gray T-Shirt w/ Blue	\$10.00

(1-800-DAM-FAST)

Greg Johnson



Outstanding Performance of the Month

by Michael Collins

Greg Johnson returns as the outstanding performance of the month for the second time this year. Back in January Greg received the award for his 6,000 postal swim performance. The results he achieved at the USMS Long Course Nationals were greatly due to the hard work he did starting back last November with that swim.

Greg had four OUTSTANDING swims. He started off with the 1,500 Free. His time of 18:30.74 was over :30 seconds faster than his time at last year's nationals(19:01.48). In the 100 back he dropped from 1:10.93 last year to 1:09.01. His 200 back time of 2:25.64 crowned him National Champion, lopping :04 off last year's 1:29.50. Going into the last event Greg mentioned that he had been :02 seconds faster per 100 in every event he swam last year. Since he went 4:51 in the 400 last year, he was hoping to go 4:43 or better to keep the streak going. He did more than that, finishing on a perfect note, he dropped 12 seconds off his time from last year (:03 seconds per 100) to go 4:39.10.

A good base built through the winter, spring, and summer, combined with adequate rest and mental preparation made Greg really shine. Look for him to continue to improve as long as his drive to work hard continues.

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

Presidents Message

By Larry Olsen

In October, the terms of four members of the DAM Board of Directors will come to a close. It is now time to think about giving back a little time to the club you love so much, and run for one of the open seats. If you are an energetic person with good organizational skills and don't mind rolling up your sleeves and working hard, please consider donating your talents to the Board. The Board meets monthly and areas of responsibility are divided up amongst the Board members. Working with the great staff of DAM is truly a unique experience, and a great way to give something back to the club. If you are interested in running for the Board, or would like more information, please contact Larry Olsen (758-9644) or Carol Lawson (753-3209).

CIVIC CENTER IMPROVEMENTS

by Barb Paulson

Civic Center pool has heated water in it. I can come to swim every day. There are showers—even hot ones, lockers available, outlets for my hair dryer. What more could I want? Why are we talking about improvements to Civic Center Pool capital improvement fund? A new building is planned at Civic Center Pool. Why should I buy grocery store coupons to add to a in the City Master Plan. The new building will have a dryland training area for those who want to supplement their swimming workouts with weight training. We used to have such space available several years ago, and have much of the equipment that would be needed in that room. Also, the coaches need an office. Imagine how it would be to go to work everyday—where there is no office, no desk, no file drawers or storage space—you have to carry everything you need. Whenever we plan even a small meeting, we have to scurry to find a meeting room, often at considerable cost. Sometimes a home will work, but there are times when that is inappropriate for a variety of reasons. This new building will also provide a meeting room, for which the aquatics groups will have first priority. Because of budget restraints, however, the City has recently put off improvements to the Civic Center complex, including the pool, gym, and City Hall until 1998 or later. We hope that if Aquadarts and DAM are able to raise a sufficient amount of money to show that this building is important to us and that we are willing to help, that the City will consider putting an Aquatics building in sooner. You can help this building become a reality sooner by looking for the grocery certificate form

Civic Center Pool Closed- October 4-17

The Civic Center Pool will be closed for repairs for the first two weeks of October (Monday Oct. 4-Sunday Oct. 17).

WELCOME TO:

Greg Rippengale
Joelle Rank
Kevin Koskella
Kathy Lee
Jennifer Long
John House
Ann-Marie House
Brad Meacham
Stephanie Parra
Jodi Quas
Erika Timar
Todd Greene
Sheri Brown
Grace Chang
Sarah Warnock
Christine Barr
Mario Bernardone
Eileen Kincaid
Karen Marchetti
Kirk Freeman
Derek Merrill
Andrew Meyers
Keith Jeffrey
Michele Mayr
Bobbi Bohart
Jeff David
Matt Zinkl
Julie Kuo
Carol Davis

Catch Pentathlon Fever

Oct. 4 Sacramento Sprint
Pentathlon
50 of each stroke + 100 IM

Oct. 16 Mid-Distance Pentathlon
100 of each stroke + 200 IM

Oct. 30 Distance Pentathlon
200 of each stroke + 400 IM

7 DAM Swimmers Win Events at USMS Long Course Nationals

by Michael Collins

Minneapolis, MN - An amazing seven of the eight Davis participants in the USMS long course nationals won at least one national championship age group title. The leader of the pack was Andrew "the TAZ" McPherson who won five individual events and set a new PMS and National record in the 200 meter Butterfly. Most of his times were slightly off his bests, due to a recent bicycle wreck which left him with less skin and more scabs, but his competition was still more than a stroke out of reach.

Former UC Davis swimmers certainly had their share of success in the meet too. **Christine Schultz, Beth Skorey, and Chris Morgan** all racked up big points in the 19-24 age group. Schultz won the 200 & 400 IM as well as the 200 Breast. Skorey won both the 50 & 100 Breast, and was runner up to Schultz in the 200 Breast. Morgan overcame his disappointment in finishing 2nd in the 50 Fly, (his favorite event), to take the victory stand in the 100 Fly with an impressive finishing surge. Morgan, more known for his "drop-dead" speed, paced the race out smoothly, turning second at the 50, but came off the wall with incredible momentum, driving past the leader by the 75 and winning by over half a body length. Certainly a full summer of working hard by attending long course workouts, not giving up in big, tough sets, and working on strength with dry land training has built his physical and mental strength to complement his lightning speed. In addition to their individual events, the three youngsters teamed up with Coach Collins to win both the 200 Mixed Free Relay and Medley Relay in the 76-99 combined age category.

Other individual victories came from Coach Michael Collins, Greg Johnson, and Robert Norris. Collins set the pace for others to follow by winning the first event of the meet, the 800 Free. The last two DAM swimmers to win events waited until the last day. Greg Johnson, already on fire with great swims throughout the meet (see outstanding performance article), used his positive mental attitude and great physical conditioning to shred the 35-39 age group in the 200 Back. Robert Norris also won the 200 Back, in the 55-59 age group, meeting his year long goal. Robert missed his goal time when he missed the last turn, but showed incredible tenacity when he came from a body length behind in the last 50 to win.

The only swimmer to not score an age group victory was Roswita Norris competing in the 50-54 age group. Even though she didn't win any events in her age group, Roswita had a respectable meet dropping seconds off her 200 Back time from last year's nationals. In addition, Roswita did her "wonder woman" impression by working as a stroke and turn official throughout the meet and tearing her clothes off in time to compete in her own events, as well documenting the team's trip with photographs.

DAM Results of the Donner Lake 2.7 Mile Swim August 14, 1993

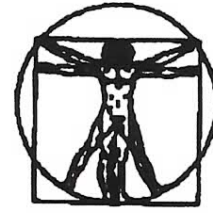
overall place	name	age	time	place in age group
2	Brad Winsor	21	:55.28.8	2nd
15	Ann Peters	30	1:00:50.8	1st
23	Greg Johnson	36	1:02:24.3	
29	Ann Motekaitis	32	1:03:32.8	
33	Rand Schaal	42	1:05:01.2	3rd
35	Ted Deacon	43	1:05:50.0	
41	Christine Winn	27	1:05:52.4	
102	Cliff Gravem	40	1:15:34.6	
127	Kit Owen	45	1:20:19.7	2nd
129	Sonya Tafoya	30	1:20:23.8	
157	Drew Petersen	28	1:25:35.2	
186	Will Davis	42	1:30:46.1	
187	John wallace	46	1:30:49.8	
188	Diane Davis	42	1:31:17.7	

20th Annual Roughwater Swim Santa Cruz, CA July 31, 1993

Name	Time	Place
Ann Peters	18:35	23
Christine Chichester	18:51	33
Ted Deacon	19:31	49
Ann Motekaitis	19:32	51
Rand Schaal	19:47	58
Chris Morgan	21:53	111
Derek Merrill	22:38	136
Will Davis	23:31	158
Sonya Tafoya	25:12	219
John Wallace	26:48	266

DAM TRIATHLETE OF THE MONTH

Heather Christensen



Richard Strohl
Certified Massage Therapist

by Michael Collins

I remember my first triathlon ever - it was a nightmare. I had the flu the night before, froze in the 65° water without a wetsuit, drank 32 ounces of orange juice at the end of the bike, got stomach cramps on the run, and walked about five miles of the 10K. Luckily it only got better from there.

Heather Christensen seems to be following a similar path. In her first race she crashed on the bike she borrowed (she was in third place at the time), had to be brought in by the ambulance, spent 3 hours in the emergency room getting cleaned up and x-rayed. She checked out with several scrapes and a dented sternum - OUCH! Ironically, the race was called a "Tri-For-Fun". Her second attempt at the next "Tri for Fun" still wasn't much fun as she double flatted on the bike, and she wasn't able to finish. Things finally turned around at the Great North International Triathlon. She finished 2nd in her age group with an impressive time of 2:33:02. She still had problems though, losing her goggles when she jumped into the lake.

Keep at it Heather, it seems that luck is slowly coming your way.

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

October is Stroke Improvement Month






Don't miss these great opportunities
to work on your weaker strokes.

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

Upcoming Events

- Sept. 12 **Whiskeytown One and Two
Mile Swim**
Entries \$25 for one swim, \$35 for both.
- October 3 **Sacramento Sprint Pentathlon**
50 of each stroke + 100 IM
Entries \$1.50 per event if postmarked
by 9/24.
\$3 per event for deck entries.
\$3 surcharge.
Meet starts at 1 PM..
Carpools leave Civic at 11:15.

September DAM 1993

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Stroke/IM DAM Board Meeting 7 pm 	Distance Main Set: 500 + 1 x 100 400 + 2 x 100 300 + 3 x 100 200 + 4 x 100 100 + 5 x 100	Stroke/IM Backstroke Technique	Intensive Workout 8:30 AM Pull - 15 x 100 Lap Swim 11-1, 5-6
Technique Workout 9:00 AM Lap Swim 11-1, & 5-6 Coach Mike's Wedding 	LABOR DAY Limited Workouts: 7am, 8am, 10am, & 11am only	Sprint/Fins 12 x 100 Free 6 x 100 Breast	Middle Distance Swim/Pull 6 x 5:15 Interval :10 rest before last 100 each repeat	Stroke/IM IM mixing	Distance 4 x 800/700/600 #1: EZ. #2: Descend 200's #3: FAST, even pace #4: Pull	Intensive Workout 8:30 AM 24 x 100 on bouncing interval Lap Swim 11-1, 5-6
Technique Workout 9:00 AM Lap Swim 11-1, & 5-6 Whiskeytown 1 & 2 Mile Swims 	Stroke/IM 1 PM workout returns 1st session of Swim Class at Emerson begins 6:30 PM	Sprint/Fins 6:30-8:00 AM Intensive at Emerson Jr. High	Middle Distance Pacific Masters Swimming Meeting 7:30 PM 	Stroke/IM 6:30-8:00 AM Intensive at Emerson Jr. High	Distance Long Straight Swim	Intensive Workout 8:30 AM Broken 1,650 11-10-9-8-7... Lap Swim 11-1, 5-6
Freestyle Videotaping Technique Workout 8:30 AM Lap Swim 11-1, & 5-6 	Stroke/IM Broken 1,000 IM 100+75+50+25 In each stroke	Sprint/Fins 10 x 50 Sprint w/ Zoomers 6:30-8:00 AM Intensive at Emerson Jr. High	Middle Distance	Stroke/IM	Distance	Intensive Workout 8:30 AM Lap Swim 11-1, 5-6
Technique Workout 9:00 AM Lap Swim 11-1, & 5-6	Stroke/IM 2nd session of Swim Class at Emerson begins 6:30 PM	Sprint/Fins 6:30-8:00 AM Intensive at Emerson Jr. High	Middle Distance 2 x (3 x 400) 1st set: Swim 2nd set: Pull #1: DPS. Breathe 3 #2: Faster. Breathe North #3: Faster w/	Stroke/IM Swim - 1,200 Alternate Free & IM 6:30-8:00 AM Intensive at Emerson Jr. High	USMS National Convention - Los Angeles, CA	

Quote of the Month : "A woman without a man is like a fish without a bicycle." -Gloria Steinem

**DAM Board
of Directors**

Larry Olsen (P) 758-9644
 Rand Schaal (VP) 758-2109
 Mary Horton 756-3361
 Carol Lawson 753-3209
 Tom McKenna 756-7427
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 Christine Winn 758-9560

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Michael Collins 758-7212

Assistant Coach

Don Veress 756-1610

Treasurer

Barbara Paulson 756-4234

Newsletter Editors

Jennifer Blake 758-6736

Cathy Carr West 758-3801

s. Thanks to Larry Olsen, Michael Collins, Don Veress,
 s request comments and suggestions from readers.