

# Davis Aquatic Masters

# NEWSLETTER

Box 921 Davis, California

## CALENDAR OF EVENTS - JANUARY 1986

Saturday,	Jan 19	<b>HOUR SWIM COMPETITION</b> - 8-11 am *
		Civic Center Pool
		<b>3rd ANNUAL CHOCOLATE TASTING AND CONTEST</b> *
		<b>Honoring Anne Garson</b>
		Veterans Memorial Club Room 7:30 - 10 pm
Tuesday,	Jan 22	<b>EVENTS COMMITTEE MEETING</b> - 7 pm
		3307 Canoe Place
Saturday,	Jan 26	<b>AN AFTERNOON WITH DAVE SCOTT</b> - *
		The Graduate
Tuesday,	Feb 5	<b>BOARD OF DIRECTORS MEETING</b> - 7:30 pm
		432 Del Oro
Thursday,	Feb 7	<b>SOCIAL COMMITTEE MEETING</b> - 7:30 pm *
		315 Antioch

\* - see related article inside

### SITUPS IS GOOD

A limerick - Anon.

A handsome old swimmer named Ray  
Made sure he did situps each day.  
His mid-muscles rippled  
Endurance felt tripled  
And low back pain faded away.

### WORKOUT SCHEDULE

6:00 am	Civic Center
7:00 am	Civic Center
8:00 am	Civic Center
10:00 am	Civic Center*
11:00 am	Civic Center
12:00 pm	Civic Center
1:00 pm	Civic Center
6:00 pm	Civic Center
7:00 pm	Civic Center
8:00 pm	Civic Center

\* Seniors only

## EVENTS

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### 3rd ANNUAL CHOCOLATE TASTING AND CONTEST - honoring Anne Garson

Hope you've been perfecting your chocolate recipe entry for the D.A.M. Third Annual Chocolate Tasting and Contest to be held at the Veterans Memorial Club room on Saturday, January 19, 7:30-10pm. Entrants bring your creation and a \$1 entry fee to enter one of the following categories:

- Most Old Fashioned
- Messiest
- Best Brownie
- Nuttiest
- Most Healthful
- Richest

Those only wishing to taste the creations will pay \$2 at the door. The lineup of judges include a representative of Leatherby's Ice Creamery, The Chocolate Lady, Sue Brady (owner of the Farmer's Wife) and one of our very own swimmers, Patti Gay.

### INTREPID REPORTER REVEALS STARTLING NEW INFORMATION ABOUT D.A.M. HOLIDAY PARTY!

D.A.M.'s very own John Bracchi has revealed to this reporter that not everything was on the up and up at the D.A.M. Holiday party last month. While being touted to millions as not discriminating against any person, except in the "naughty or nice" category, it seems that the North Pole Aquatic Masters very own Santa Claus was the recipient of a very nice gift certificate from Leatherby's Ice Cream from his favorite reindeer, Rudolph.

### AN AFTERNOON WITH DAVE SCOTT

The 1984 Hawaiian Triathlon is scheduled to be shown at The Graduate on January 26 at 4 pm. Dave will share his experiences in person, during the ABC Wild World of Sports broadcast. Watch and listen for more details at the pool.

### 1 HOUR SWIM POSTAL COMPETITION

Saturday, January 19  
8-11 am.

You may do the hour swim for distance strictly for participation or workout's sake or to enter national or international postal competition. Forms will be at the pool with all details including fees, prizes, categories, etc. Bring a person to count and time for you! PM registration numbers are required for all postal entrants. Those forms are available at the pool as well.

The Newsletter is published monthly on the Tuesday following the Board of Directors meeting. Announcements and other items of interest must be submitted no later than 6:30 pm on the Friday after the Board meeting. Items can be submitted to Diana Barnes (753-1688), Ross Yancher (753-6920) or given to your coach.

# MEETINGS

## SOCIAL COMMITTEE

Every one is welcome to attend at the home of Brett Stone, 315 Antioch (go north on Oak, turn left at the first cross street after 8th street) at 7:30 pm on Thursday February 7. The beer tasting and spring square dance and western BBQ to be discussed.

DAVIS AQUATIC MASTERS  
Davis, California

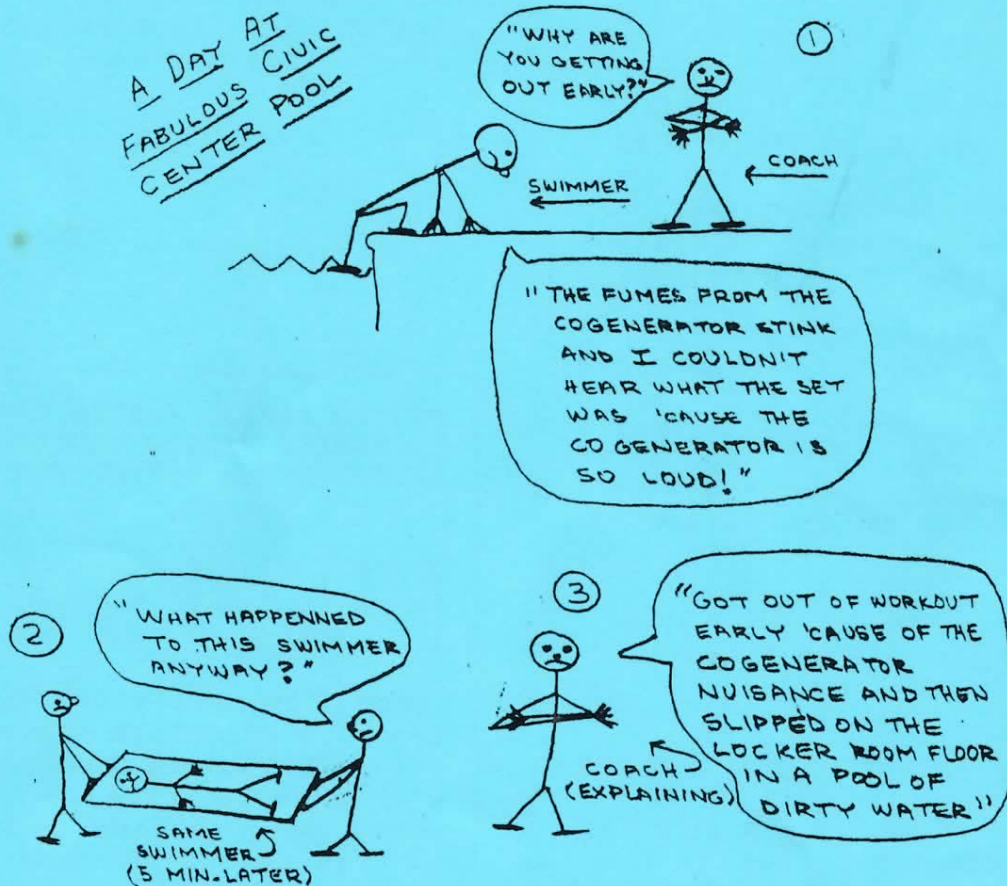
President, Bob Rucker  
Vice-President, Vince Pedroia

**Board Members:**  
Bruce Braly  
Ed Branam  
Jack Horton  
Susan Milburn  
Marie Paquette

Treasurer, Barb Paulson

Head Coach, Ross Yancher

For information call  
756-4234



The Board of Directors is fully aware of the concerns of all swimmers in this situation & is addressing the City with the issues. Stay tuned at workout for further developments.

## COACH'S CORNER

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### WHERE'S THE SHORT COURSE MEET SCHEDULE?

The desire for, lack of and consequent search for short course indoor meets this winter has caused the Pacific Masters Swimming Association a considerable delay in getting out this year's meet schedule. We await it with baited breath, as the Events committee hopes to specify team sponsored events for 1985 as soon as possible. Listen to workout announcements for further details.

### WEIGHT ROOM CIRCUIT ORIENTATIONS

Interested in augmenting your cardiovascular swimming fitness level with weight room training? Circuit orientations for our weight room are scheduled sporadically and by request. January, February and March are great months for pumping iron - working toward the spring championships. Snag a coach before or after workouts and learn what's available to you in our weight room.

### HAVE ANY OLD SHIRTS TO GET RID OF?

T-shirts and sweat shirts suitable for drag suits are needed by the club. Bring your donation to your coach at workout. Free up some space in your wardrobe - our swimmers can wear shirts that you'll never use. Bring it by!

### NEW VCR, CAMERA AND MONITOR THE WORK OF ANDY KUNIYUKI

If you've been watching yourself swim on the club's new video setup lately, you have Andy Kuniyuki to thank for researching the purchase of appropriate equipment for D.A.M.'s use.

The VCR unit, camera and monitor will be used regularly at the pool on individual swimmers for video feedback. We'll also use it to record lectures and presentations for team viewing and to help promote and record/verify results of our club-run events.

WANTED WANTED WANTED WANTED WANT  
ED WANTED WANTED WANTED WANTED W  
ANTED WANTED WANTED WANTED WANTED

WANTED: Cycling partner - call  
Carol at 756-3019.

(Note: The newsletter would be happy to establish space each month for team members looking for others with whom to share activities, rides, etc. Please leave pertinent information at the pool addressed to Carol Tucker.)

## SWIMMER OF THE MONTH

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Mary Horton

by

Theresa Pelzer

Meet Mary Horton, a friendly face with us at the 1 pm workout. Mary joined the club in 1975 after being introduced to fitness swimming in a PE course at UC Extension. In the 9 1/2 years since, she has expanded her involvement to include competitive swimming and had swum numerous meets and among those, three short course and three long course national championships. "I compete as long as they are held on the West Coast," she claims.

Obviously to develop those kind of skills, Mary has to be a regular in our ranks, and that means working out four to five times weekly, taking weekends off. Those who know her soon discover Mary is a butterflyer who never tires. When asked what the special attraction is, she claims to have "chosen" the stroke after suffering pace problems in her original forte, distance freestyle. She has yet to attempt a 1650 fly but feels fairly confident that she could finish. Mary doesn't care much for open or rough water competition. Here first and last experience brings only memories of the churned-up water at Santa Cruz - not to mention the seaweed.

A long time Davisite, Mary came here from Oakland in 1959. She proceeded to obtain a B.S. in Animal Science and an M.S. in Animal Husbandry at UCD where she is presently employed in the Animal Science department working on embryo transfer and artificial insemination projects.

Mary was D.A.M.'s first social committee chairperson and each year generously provides the setting for our Fourth of July picnic. She has also served a term on the Board of Directors.

What does she especially enjoy about swimming? "Well," she confessed, "three times weekly and more often in warm weather, I treat myself to ice cream after workout."

And now we know the secret to Mary's successful butterfly stroke!

(Note: Theresa Pelzer is a swimmer at the 1 pm workout who graciously answered my call for Swimmer-of-the-Month interviewers. As seen by the results above, she is a welcome addition to these pages. - ed)

# BOARD NOTES

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## APPROVED 1985 BUDGET

### Revenues:

Dues (estimate)	90,000
Events (Income from Triathlon, etc.)	9,000
Interest	1,500
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Total	\$105,000

### Expenses:

Salaries	
Head coach with benefits	28,750
Assistant coaches	22,000
Guards, Treasurer, workman's comp.	11,500 (approx.)
Pool rental, coaches expenses, events fees	45,350
Equipment donation for joint equipment purchases by the Aquatic Council	500
Equipment	400
Business expenses	1,400
Social committee	850
Taxes	50
Printing	1,400
Discretionary	250
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Total	\$112,450

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### AQUATIC COUNCIL PROPOSAL

D.A.M. agreed to contribute not more than \$500 to an equipment fund (for the period of January 1 to July 1) with a reappraisal to occur on July 1st, for the purchase of pool buoys, fins and other items used jointly by the Davis swim groups. Note that the high school and Aquadarts have also contributed \$500 towards common purchases.