

# Davis Aquatic Masters



## Box 921 Davis, California

MARCH, 1983

### CALENDAR OF EVENTS

Wednesday, March 16 thru Friday, March 25	REENROLLMENT FOR SPRING QUARTER	
Saturday, March 19	BUTTERFLY CLINIC Community Pool	10:00 AM
Sunday, March 20	STRAWBERRY CANYON SHORT COURSE MEET, Berkeley	
Tuesday, March 22	PROGRESSIVE RELAXATION TRAINING DEMONSTRATION Civic Center Gym	8:15 PM
Saturday, April 2	ENTRIES DUE: PMSA SHORT COURSE CHAMPIONSHIPS	
Monday, April 4 Wednesday, April 6	FIRST DAY SPRING QUARTER EVENTS COMMITTEE MEETING 646 Elmwood	7:00 PM
Friday, April 8	DAM SPRING DANCE Rancho Yolo Clubhouse	8:00 PM
Wednesday, April 13	BOARD OF DIRECTORS MEETING 206 Full Circle	7:30 PM
Saturday, April 16	PMSA 1650 CHAMPIONSHIPS Novato	
Saturday, April 23 and Sunday, April 24	PMSA SHORT COURSE CHAMPIONSHIPS Novato	

### NOTICE OF WORKOUT CHANGES DUE TO HIGH SCHOOL AGE GROUP MEETS

Sunday, March 20	11 - 1 Lap Swim switch to Manor Pool
Thursday, March 24	3 PM workout switches to Manor Pool
Saturday, April 2	8:30 - 10 Intensive workout and 11 - 1 Lap Swim switch to Manor Pool
Friday, April 29	All evening workouts move to Manor Pool (6,7 and 8)
Saturday, April 30	8:30 - 10 Intensive workout and 11 - 1 Lap Swim switch to Manor
Sunday, May 1	11 - 1 Lap Swim switches to Manor

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The Newsletter is published monthly on the Monday following the meeting of the Board of Directors (usually the second Tues of the month). Announcements and other items of interest to members must be submitted no later than 6:30 PM on the Friday after the Board meeting. Items should be submitted to:

Ross Yancher 753-6920 or at the pools.



SPRING AND SUMMER SCHEDULES

The City of Davis normally operates 3 pools full time during the summer months to accomodate the Aquatics groups as well as City swim lessons and recreational swimming. With only 2 pools in operation, our club, the Aquadarts and City recreational programs were all facing cut-backs in pool time. Fortunately the City Council voted unanimously to operate Emerson Jr. High School Pool to accomodate the swimming programs otherwise handled by Civic Center Pool.

Since the City begins its swim lessons and recreational activities on June 13, the majority of our workouts will move to Emerson Jr. High Pool at that time. On June 13, the 3 PM workout will be terminated, with those assigned having priority at other workouts. Last, but not least, the seniors' workout will shift from the morning to the evening.

The majority of DAM workouts will be located at Emerson Jr. High pool from June 13 until September 4. Our workouts will then move to Community Pool and Manor Pool. In the past our club has been in the special position of having our "own" pool and have been unaffected by other City programs, the High School swim and water polo teams. Until the renovation is completed and we move back to Civic Center Pool, DAM members will have to be patient and understanding of the location changes mentioned.

SHORT COURSE TAPER MEET

Pacific Masters Swimming Short Course Championships sponsored by Tamalpais Aquatic Masters will be held April 16, 23 - 24. Entries due to boxes April 2! Fees are team sponsored!

EVENTS: Odd numbered events are for women, even numbered events for men.  
Saturday, April 16: 1 - 2 1650 yd. free

Saturday, April 23:	Sunday, April 24
3-4 200 yd IM	23-24 200 yd free
5-6 50 yd free	25-26 50 yd back
7-8 200 yd fly	27-28 100 yd breast
9-10 100 yd back	29-30 100 yd free
11-12 200 yd mixed medley relay	31-32 200 yd medley relay
13-14 100 yd IM	33-34 400 yd IM
15-16 200 yd breast	35-36 100 yd fly
17-18 50 yd fly	37-38 50 yd <del>breast</del>
19-20 200 yd free relay	39-40 200 yd back
21-22 500 yd free	41-42 200 yd mixed free relay

COME AND RELAX!

At 8:15 PM.

On Tuesday, March 22, in the Civic Center gym, Dr. E. Dean Ryan, Professor of Physical Education at UCD and an expert in sport psychology, will present a program of progressive relaxation techniques for the Davis Aquatic Masters. Progressive relaxation techniques are advocated by sports psychologists to assist athletes in controlling arousal levels which impact on the athlete's performance.



DAM SPRING DANCE (Informal)

April 8 -- Friday 8 - Midnite  
Potables - All kinds of Music - Snacks  
All provided - Beautiful Rancho Yolo Clubhouse  
\$3.00/Adult \$1.50/Kids Contests/Fun

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RESERVATION FORM

Name: MARY HORTON #of Reservations \_\_\_\_\_ Phone no. 756-3361 *eves*  
752-8607 *days*

Send to: M. McKinlay  
1305 Cypress  
Davis, Ca 95616

(Please include fees - checks to DAM)  
Deadline: April 5

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SWIM MEETS DON'T SPELL COMPETITION

Strawberry Canyon Meet is coming up this sunday in Berkeley. What? You mean you didn't sign up to go? Well, it's not too late... Just show up in the parking lot at Civic Center at 6 AM. You can enter yourself when you arrive in Berkeley, and the events committee will even sponsor the majority of your entry fee.

For those of you that feel wary of meets and timid when you are diving and swimming in front of your peers, relax. Don't worry, these meets are in no way limited to hot shot swimmers. The purpose of Masters meets is to have peer SUPPORT around you, while you are attempting your own personal record. At every meet there are slower, faster, taller, shorter, older, and younger swimmers. Everybody swims because they like it. You could be having more fun than you anticipate at masters meets, and still be earning DAM some team points just by swimming your favorite stroke in a relay.

Don't fret... you are ready for a meet if you've been swimming this winter, Ross has made sure of that! So join us at a meet.

If you can't make Sunday's meet, put the PMS Short Course Champs on your calendar, challenge YOURSELF, and join the fun of Masters Swim Meets.

RULES TO SWIM BY

Whether you plan to compete or not in 1983, it is a good idea to practice doing your strokes correctly, doing legal starts, turns and finishes. At the officials clinic held saturday, February 26th, the latest rules were discussed.

**BACKSTROKE:** You must be on your back, with your shoulders no further than the vertical at all times except when you are touching the wall. Your lead hand or arm, head, or upper body must make contact with the wall before you turn. At the finish any part of your body touching the wall will stop the clock, but you must touch the wall (passing the plane of the wall by ramming your arm down a filter hole or clobbering the starting block with your wrist doesn't count). In short course (25 yard pool) starts some part of your foot must be in the water; in long course (50 meter pool) starts all of your foot must be below th surface of the water.

**BREASTSTROKE:** The only legal kick is the breaststroke/whip kick. Stroke and turn judges will be on the lookout for dolphin or flutter kick especially at the start of each lap and for scissors kick. You may take one pull and one kick under water at the start of each lap. You must break the surface of the water with some part of your head before commencing the second pull. Even though it may appear that your head is under water from the deck, if a ripple or wake is visible you are judged to be legal. On short course turns you may duck your head, dip a shoulder and touch



with nonlevel hands. Hand touch must always be simultaneous (two hands at the same time!) Short course finish and long course turns and finish require level shoulders and hands. Your head may not go below the water going into long course turns or finishes. As the name implies, the breaststroke is done on your breast. Do not initiate a pull or kick while you are at all sideways in the water.

**BUTTERFLY:** One arm pull is allowed under water before the arms recover over water. The arms are to be simultaneous, but not necessarily symmetrical. Both arms must come out of the water, As in the breaststroke, this stroke is done on your breast. Also two-handed, simultaneous touches are required on all turns and finishes. Again, you may dip your shoulder and touch with unlevel hands on short course turns only. In Masters swimming with breaststroke or dolphin kick, or both, are allowed, but flutter kick is never legal. Any stroke that is initiated must be completed. Once your hands have begun the underwater press you must recover them over the water before touching the wall.

**FREESTYLE:** Anything goes as long as you touch the wall at the end of each lap. Any stroke or combination of strokes is legal, but your time will be recorded as a freestyle time, not as the 1650 fly or 500 back that you did.

**INDIVIDUAL MEDLEY:** The strokes are done in the order fly, back, breast, and free. Here free means any stroke other than fly, back or breast. All transitions between strokes are to be treated as turns and are subject to the rules of the approaching stroke until you hit the wall, and the initiated stroke as you leave it. So on a back to breast change you must touch the wall with your leading hand or arm, head, or upper body while on your back, and leave the wall breast side down, not initiating your first pull or kick until you are totally on your breast. Breast to free turns allow you to touch two-handed but not necessarily level in short course.

**MEDLEY RELAY:** The order of the strokes is back, breast, fly and free. Here, again, free means any stroke not previously swum.

**GENERAL:** You must start and finish in the same lane. You may not interfere with another swimmer.

In short course any individual will be disqualified (DQed) if he makes a second false start occurring in any heat. The starter determines if a false start has occurred and who is to blame.

A stroke and turn judge or referee can only write up infractions that he sees and that occur in the area of the pool under his jurisdiction. If I see a breast-stroker take two underwater pulls at the far end of the pool, but the judge assigned that end has missed it, I cannot DQ the swimmer. Nor can I DQ a swimmer because you saw him do an illegal kick or turn.

If you commit an infraction and have been DQed, the judge who wrote you up should come to you and tell you that you have erred. Ask your coach how to correct the error; it is not the place of any official at the meet to have to explain correct stroke to anyone.

#### EVENTS COMMITTEE UPDATE

Applause, applause, clap, clap, clap, and hip hip hooray for those DAMs that have volunteered to organize specific aspects of DAM's 2nd Annual 2 Mile Lake Berryessa Swim (now elevated to the status of a PMS Regional Championship Swim). The last events committee meeting cheered these people for the progress that they've made. Here's a brief update:

John Bracchi is designing the entry form. It is at the printers right now and will soon be available at the pool.

Denise Le Strange is searching all avenues for awards. Remember: every participant gets a commemorative mug. Top three finishers in each age group, female and male, will also be recognized along with a special award going to the fastest female and male.



Ann Garson, Ginny Asbury, and Chuck Liebermann will be registering all entrants, while Carol Lane is monitoring the finish and results (she's the one to slip that dollar bill to when you cross the finish line!)

Karen Lang is actively pursuing all DAMs that double as boat captains, that is she's searching for sea rigs that can patrol the triangular swim course and keep the sea lanes safe for all swimmers.

Susan Witt heads the hypothermia crew and is also charged with other health and safety aspects.

Cynthia Cilensik is publicizing our event. So be sure to pick up your favorite sports magazine and read about DAM's 2nd Fabulous Swim in Lake Berryessa (it's only 2 miles). The date is June 5, 1983, a Sunday morning, and the starting time is set for 9:30 am.

Dot Scott's creating a T-shirt that will be on sale prior to and at the event. If you've got any ideas get them to her pronto.

These are just a few of the many organizers. You'll note on reenrollment forms there is a volunteer sheet to help at/with Berryessa. Don't be bashful, the Events Committee likes volunteers and new faces.

\*\*\*\*\* Keep Swimming\*\*\*\*\* Missy

#### STROKE DRILL OF THE MONTH

Head up swimming for backstroke (spin drill) and freestyle is sometimes included in our workout regimens. The efficiency training aspects of these drills' use are to develop high body position in the water, to promote and demonstrate good "catch" on the water and to promote and demonstrate acceleration through the pulling pattern. Swimmers with lack of good "catch" on the water or lack of acceleration in the pull pattern have a hard time keeping the head up in back and free. Continued attempts at swimming head up though, helps develop these aforementioned desirable stroke traits and high body position. As we approach open water swim season, head up direction finding in midswim makes head up swimming a specific part of our overdistance swimming training. What's your head up free 500 time?

#### 1983 PMS SWIM GUIDE

Pacific Masters Swimming has recently published a Swim Guide for 1983. Besides defining pool meet and long distance swimming criteria, other features of the publication include the purposes and functions of PMS, how one registers in PMS, and the benefits of affiliation with PMS and USMS. Also included are the 1983 National and Pacific Records and a directory of all the masters clubs in PMS.

This publication has succeeded in organizing much vital information and represents much cooperation among Northern California Masters Groups.

Coach Ross has a copy on file. For your own copy write: Elfriede Rogers, 3710 Northridge, Concord, CA 94518. Cost: \$3.00.

#### LIFEGUARD POSITION AVAILABLE AT LAKE BERRYESSA

Official title: Recreation Assistant GS 189-4/5

Position starts: May 9th and ends mid September

Must work all weekends and holidays

2 days off/week (Mon and Tues or Wed and Thurs)

Pay: \$6.43/hour

Job: Vacancy #VN 82-200 reissue

1) Must fill out gov't application form #SF171

available from US Forest Service on 2810 Chiles Road



2) Mail completed forms to:

US Dept. of Interior  
Bureau of Reclamation  
Mid-Pacific Regional Office  
2800 Cottage Way  
Sacramento, CA

attn: Anita Milani

- 3) Call Chief Park Ranger Jim Scullin or Ranger Doug Mikada (707)- 966-2111, and tell them you applied and that you are from DAM.
- 4) ACT FAST Job closes March 21, 1983.
- 5) Call Missy 753-7788 For more information.

FIRST TIME OPEN WATER SWIMMERS IN THE 1982 LAKE BERRYESSA SWIM by Cynthia Cilensek  
Ginny Ashberry, Vince Pedroia, Francesca Miller, and Dave Hager--for these four swimmers the 1982 Lake Berryessa 2 mile swim, sponsored by DAM and V. Santoni & Co., was their first open water swim. They all indicated that they participated in the swim because they liked the challenge.

Ginny Ashberry said, "I wanted to see if I could do it." Her goal was to finish and not come in last. She thought the event was great, as the water was warm and also refreshing. "It was fun being out there splashing with all those people," she said. She also said it was fun to see so many heads--all orange or red--around her. When she finished, she felt good and not cold at all. For those interested in doing their first open water swim in the 1983 Berryessa swim, Ginny advised, "Go do it. It is not that hard."

Vince Pedroia learned to swim at the DAM 6:00 am workout only six months before the Lake Berryessa swim. He was worried that he would panic in a lake where he couldn't see the bottom. He said he did the swim because, "I have a propensity for doing things that seem difficult." During the swim he felt a lack of confidence in his stroke and he said he argued with himself about whether he was on course or not. After passing the first turn at Goat Island though, he knew he could make it.

At the finish, his feeling of accomplishment was tremendous. Since the Lake Berryessa swim, Vince has gone on to take up the challenge of the Cove Swim, the Donner Lake swim, and the Whiskeytown swim in Redding. He was pleased with the organization of the Berryessa swim. For prospective first time open water swimmers, he indicated that from the training at DAM workouts, swimmers are prepared for the Lake Berryessa swim.

Francesca Miller, like Vince, learned to swim with DAM. Before Berryessa, she had competed only once--in 9th grade ping-pong. She did the Berryessa swim to see if she could do it. At the beginning of the swim she was terrified because of the number of swimmers around her, but she never doubted her ability to withstand the cold. She said, "I have great confidence in my female subcutaneous fat to protect me from the rigors of cold water."

After she passed the first balloons, she felt wonderful. Swimming was a pleasure, as the sky was perfect, the water calm. At the finish she felt disoriented, euphoric, and ready for a beer. For first time open water swimmers she had this message: "go for it!"

Dave Hager participated in the Lake Berryessa event because he was encouraged by his 6:00 am lane mates. They told him it would be fun and challenging, so he accepted the challenge. (One lane mate didn't show up). He said he felt good during the swim--at least the first half. He was amazed by how many people of all ages did so well. After his initiation at Berryessa, Dave competed in three other open water swims--the Cove Swim, the Donner Lake Swim, and the Whiskeytown Swim. He definitely plans to swim the Berryessa race again in 1983.



The Events Committee is encouraging other beginning open water swimmers to try the Berryessa swim. Missy LeStrange, Chair of the Events Committee, describes Lake Berryessa, which is 65-70 degrees and calm, as the perfect lake to begin open water swimming. The Committee is also encouraging all Davis Masters to participate, as the event provides competition at every level.

#### SWIMMERS IN THE NEWS

...Congratulations and best wishes from DAM for long and happy lives together to each of three Masters' couples who have married in recent weeks: Lisa Knowell, and Stan Robinson; Art Kremer and Penny Garrison; Wendy Pratt and Mike Cuckovich.

Thanks to them and their families from the DAMers who attended their weddings. We had a great time! And they all thank you, their friends, for your help in seeing them "well and truly married".

...A Hearty Hurrah! to Verne Scott, recipient of a well deserved honor--he was named PMS Swimmer of the Year, as was Ella Peckham of Walnut Creek. Nobody else was even close, Verne!

...In the Carson City Meets' Beer Relay, a four man team from Davis stunned onlookers with a win despite two team members being forced to repeat their acts of speed. Mike McKinlay, John Bracchi, Chris Gushe and Bruce Galvin took on all comers the hard way (IM strokes, folks').

...The current issues of Swimming Technique and Swim Swim Magazines feature three articles on technique training and swimming biomechanics by our head coach. It just goes to show they'll print anything when they're short of copy!

#### SWIMMERS-OF-THE-MONTH

The 6:00 AM workout, which some people feel has been in the dark too long, is ready to take to the light with the nomination of two swimmers for swimmer-of-the-month honors. These swimmers have a number of things in common: they were both born in the East, they moved to Davis in 1971, they have been members of the Davis Masters program for just about five years, they both learned to swim at three years of age, and they are both committed fitness swimmers with a strong proclivity for breast stroke. There the similarities end.

Jack Hicks, 613 Jerome Street, Davis, learned to swim in Lake Elsinor in Southern California. His swimming was strictly casual until he joined the masters, most of it enjoyed with his family in their own pool. His only competition to date was the intersquad meet between the workout groups last summer which he enjoyed very much. Although Jack has been designated by his lane mates as "swimmer they would most like to have on the breast stroke leg of a relay," he is not interested in competition due to the time commitments of his private practice in Diagnostic Radiology.

Jack was graduated from high school in Rosemead, CA, received his undergraduate degree from Occidental College in Eagle Rock, CA, spent a year at USC, and is a graduate of the George Washington University Medical School, Washington, D.C.

Jack's wife Susan is a casual swimmer as are their children, Jeff, 16; Jenny, 14; Kathy, 10. Both Jeff and Kathy swam briefly with the Davis Aquadarts.

Jack has earned the respect of his teammates as well as the coach for his recent swimming improvement. Verne Scott, in a recent visit to the 6:00 am workout described Jack's progress as "awesome" and murmured something about the animal lane. Jack attributes some of his improvement in butterfly to the subtle system of warmdown originated and patented by Cap Thompson. Jack has moved from the low intermediate lane to the fast intermediate lane over the past six months improving his short rest freestyle workout repeats remarkably.



Edie Schwartz, 1515 Brown Drive, Davis, learned to swim in the Atlantic Ocean. Her father taught her to swim after she demonstrated the need for some instruction by jumping into a pool at the age of three. While growing up in Brooklyn, Edie swam at the Jewish Community Center in an unstructured program and competed with the Knickerbocker Swim Club and the Metropolitan AAU as a breastroker. A big thrill for Edie as a young swimmer was to swim across small lakes in the Adirondacks whenever she could persuade someone to accompany her in a boat. As an undergraduate at Cornell Edie swam in the gorges that run through Ithaca. She was a member of the water ballet team at Cornell and worked as a waterfront counselor after completing her Red Cross Advanced Lifesaving and Water Safety Instructor training.

While she learned to swim using breaststroke her favorite stroke is freestyle. Edie participated in the one hour swim in January turning in a very creditable 3250 yards. She is not interested in competition but has agreed to enter any open water swim with a guaranteed water temperature of 78 degrees or better.

Edie is a lecturer at Sacramento State in the child development major. She holds a BS in Child Development and Family Services from Cornell and a MA in Early Childhood Education from Sacramento State.

Edie is the wife of Sy Schwartz who much prefers running to swimming. Her sons Andy, a freshman at UCLA, and Steve, a junior at Davis High, prefer cycling and music to swimming. Edie's devotion to fitness swimming was demonstrated recently when she showed up to workout for three weeks on crutches while waiting for a muscle tear to heal.

#### MORE...SWIMMERS-OF-THE-MONTH

Our third swimmer-of-the-month is also one of our newest members, Ana Pappas. Ana joined DAM three weeks ago when a back problem forced her to temporarily give up running. Until then, Ana had been running an average of 75 miles a week and had been on the UCD track team. Ana still plans on continuing with her running; her goal is to run the Avon Marathon in Los Angeles. This marathon, scheduled for June, will run the course that is going to be used in the 1984 Olympics.

In the meantime, Ana is enjoying swimming and she plans to continue swimming, alternating running with swimming for exercise. She is very enthusiastic about the DAM program. Ana usually swims at one of the evening workouts in an intermediate lane.

Like so many Southern Californians, Ana swam competitively as a child, starting around age 9. She continued to swim competitively in high school in Arcadia, Ca.

Ana came to UCD as a freshman in 1980. She was originally interested in majoring in biochemistry but discovered that she was interested in higher level relationships than biochemical reactions. She is majoring in physiology which appeals to her because it deals with biochemical reactions as well as relationships between organs and cells. Next quarter she is planning on doing some special studies courses to see if she likes lab work.

Although school takes up most of her time, Ana finds time for bicycling, track, and a knitting course. She also enjoys reading literature and, although she hasn't had the time lately, Ana likes to paint and draw.

Ana shares an apartment with three roommates, two dogs, a rabbit and two birds (finches).

Our fourth swimmer-of-the-month is Bob Rucker. Bob is one of the club's long time members, having joined Master's about 7 years ago. He never swam as a child and says he learned to swim after joining DAM. Bob claims that when he joined the club, he couldn't swim so he groped his way along the lane lines and, with lots of instruction from assistant coach Cathy Carr, he eventually learned to swim. Bob swims regularly in an intermediate lane at the early evening workout.



Bob grew up and went to college in Oklahoma. At Oklahoma City University, a private college, Bob got his BA in liberal arts with a minor in chemistry. He did his graduate work at Purdue University in Indiana. There he got his PhD degree in biochemistry.

Bob worked his way through college by playing the tuba. Dixieland and traditional jazz were very popular in Chicago and the Midwest, and a tuba player was frequently needed. In addition, Bob played the tuba for the symphony and for any stage productions which needed tubas.

While at Purdue, Bob met and married Peg, who was getting her degree in industrial psychology. They now have two sons, ages 10 and 7.

In 1970, Bob and Peg moved to Davis when Bob joined the nutrition department. Currently Bob is chairperson of the department and is doing research on factors which influence pulmonary development and vessel wall development. His wife Peg is an assistant professor in textiles. She is currently doing research on consumer attitudes and textiles.

Bob's spare time is spent on family activities. He spends a lot of time attending school functions with his kids. This summer Bob and his family plan on combining vacation with work when Bob attends conferences in Hawaii and in New Hampshire.