

Davis Aquatic Masters

NEWSLETTER

Box 921 Davis, California

May 1983

CALENDAR OF EVENTS

Saturday, May 21.....	DAM Pentathlon, Manor Pool 8:00 WU-----9:00 ST
Sunday, May 22.....	The BUD Light Berryessa practice swim
Friday, May 27.....	Pre-entry Postmark deadline Lake Berryessa open water swim
Saturday, May 28.....	Freestyle Flip Turn Clinic 10:00 (after Intensive Workout) Manor Pool
Wednesday, June 1.....	Events Committee Meeting 3307 Canoe Pl., 7:00 PM
Saturday, June 4.....	Solano Long Course Meet, Suisun
Sunday, June 5.....	Lake Berryessa open water swim 9:30 AM
Wednesday, June 8.....	Board of Directors Meeting 206 Full Circle, 7:30 PM
Monday, June 13 thru	
Friday, June 24.....	Reenrollment for Summer quarter
Saturday, June 18 and	
Sunday, June 19.....	Walnut Creek Long Course Meet *Team sponsored
Sunday, July 3.....	San Francisco Cove Swim
Wednesday, July 6.....	Events Committee Meeting 646 Elmwood, 7:00 PM
Wednesday, July 13.....	Board of Directors Meeting Place to be announced
Friday, July 15 thru	
Sunday, July 17.....	PMSA Long Course Championships San Jose *Team sponsored
Saturday, July 23.....	Trans-Tahoe Relay *Team sponsored
Saturday, August 6.....	Sacramento Open Water *Team sponsored
Sunday, August 14.....	Solano Long Course Meet, Suisun
Saturday, August 20.....	Donner Lake Swim
Saturday, August 20.....	Davis Triathlon Entry Postmark deadline

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.

NOTE THESE CHANGES IN REGULAR SCHEDULE:

Effective immediately, Lap Swim Hours.....Sat. and Sun.
10:45 AM to 12:45 PM
(Change by 15 minutes)
Memorial Day and July 4th.....Lap Swim Only
10:45 AM to 12:45 PM
All Intensive workouts at Manor, through May

NOTE THESE MID-QUARTER CHANGES AS OF JUNE 13

6 AM and 7 AM stay at Manor
8 AM stays at Community
11 AM, 12 PM and 1:05 PM move to Waldo
3 PM and 6:30 PM terminate at Manor.
(3 PM and 6:30 PM Manor assigned swimmers will have first priority after assigned swimmers at all workouts from June 13 through July 1.)
5:30 PM Unassigned Hour at Waldo (entry by priority order)
6 PM Seniors at Community
6:30 PM and 7:30 PM at Waldo
(7 PM becomes 6:30; 8 PM becomes 7:30)
If necessary, we will add an extra 6 AM at Waldo or an extra 7:30 PM at Manor, but no plans for such as of yet.
(Waldo refers to New Emerson Junior High Pool)

WOODLAND LONG COURSE WORKOUTS BEGIN IN JUNE

Tuesday and Thursday evening, 50 meter pool workouts will be available to all DAM swimmers beginning the first or second week in June. Workouts will run from 8 to 9 PM. Car pools for rides will meet at 7:30 PM at the parking lot of the Davis evening workout pool, prior to each woodland workout. Listen to workout announcements for the definitive first workout evening date. The address of the woodland facility is: 155 N. West St. To get there, take Highway 113 to Woodland, turn west on any Woodland arterial. This will lead to West St. (Around 1½ miles)

SAVE YOUR COFFEE CANS!

Anne Garson of the Lake Berryessa Registration Committee asks members to bring empty 2 pound coffee cans to the pool. They will be used, after a slat sticking/cement mixing party, as marker bases for the table registration and check in at our Lake Swim.

TAHOE RELAYS

It's not too early to begin planning your 6-person relay teams for the Tahoe Relays. This year's event is planned for July 23. Each participant will post \$10.00 bond to DAM to secure their place on a team. The designated team captain will be responsible for acquiring a boat and transportation. The \$10.00 bond will be refunded to members after they complete the race. The team sponsors the fees for this event.

BUT I PAID MY DUES!!

Every quarter every member needs to reenroll during the reenrollment period. (The next one is June 13-24 for the quarter starting July 5) There have been a few members who have forgotten or otherwise neglected to fill out the reenrollment form at the proper time. When this happens, I have to assign the person a half number (meaning that person has last priority for getting into the pool during any hour for the quarter.) The reenrollment form is necessary so that I know each person's workout request. I have no way of knowing for sure that "I have always swum at 11 o'clock; you should know that is my workout." Although if you don't keep up on your dues, you may be assigned a half number, paying the dues isn't the same as reenrollment. I do not keep track of dues on the priority number list, and I can't reasonably or efficiently check to see if a person who has not turned in a reenrollment form has indeed paid dues and therefore is probably continuing. If there is no reenrollment form, I must (at least temporarily) assume that that person is dropping out of the club. This is the way we have of updating our priority list.

So ALL DAM members, whether a member for a few weeks or seven or eight years, must turn in a reenrollment form during the reenrollment period before each quarter.

The Treasurer.

DON'T LOSE YOUR NUMBER!

If you plan on being gone for three months or more, over summer, or any other time, and would like to keep your priority number, request a leave of absence. Write to the treasurer at P.O. Box 921, Davis, Ca., 95617, stating how long you want to be on leave (up to one year) and when you want to start the leave--it must start at the beginning of a calendar month for 3 or more whole months. When you are on leave, you don't pay dues, you don't swim, and you keep your number. When your leave is over, you should fill out an enrollment form and start paying dues.

REIMBURSE BEFORE YOU REENROLL!

Events Committee policy states that any DAM member, who enters a team sponsored meet (an event where the team pays the entry fees) and does not swim must reimburse the team for any fees paid. Swimmers failing to do so lose their priority number for the next quarter's reenrollment.

Reimbursement amounts for PM meet swimmers are posted at the pools and available from the treasurer. Take care of these fees as soon as possible so you won't lose your assigned space.

UPDATE FROM DAM'S MAJOR SPONSOR OF EVENTS: V. SANTONI & CO.

May's Events Committee meeting was highlighted with a visit from Bob Haussler of V. Santoni & Co., the local Budweiser distributor and DAM's major sponsor. Bob presented the committee with a \$4000.00 check (\$2000.00 from V. Santoni, and \$2000.00 from Anheuser Busch.) This money pays for participation mugs and division awards of the 1982 Berryessa Swim and Triathlon. Bob reported that Anheuser Busch will no longer help out local distributors with sponsorship monies, hence V. Santoni & Co. has had to severely cut back on the number of local events that it can sponsor. DAM is lucky because of the half dozen

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events that Santoni will sponsor in 1983, two of them are DAM events!! Bob cited the club's sincerity, good organization, and past performance records as key reasons why DAM will get continued sponsorship. Without Anheuser Busch, V. Santoni & Co. is actually doubling its dollar contribution to DAM. Bob hinted that more pronounced advertisement of Bud Light from DAM would help ensure continued support monies. DAM is grateful for V. Santoni's support, hence the words BUD LIGHT might sneak into a few titles in the upcoming season's events.

THE BUD LIGHT BERRYESSA PRACTICE SWIM

On Sunday, May 22nd, there will be an informal trek up to Oak Shores Park, Acorn Beach, at Lake Berryessa to test out the waters and calm anybody's fears about doing the real thing on June 5th. All interested swimmers are welcome and encouraged to attend. Bring a picnic lunch. For those interested in carpooling, meet at Community Pool's Parking Lot at 9 AM.

CLUB SPONSORED EVENTS

The ex-travel fund and the current Events Committee were initiated by a fraction of DAMs with the intent of raising money to benefit the entire membership. Some of the past fund-raisers have been raffles, garage sales, pool meets, the Triathlon, and the Lake Berryessa Swim. A portion of funds has been designated to pay DAM swimmers entry fees for specified events (pool meets and open water swims). Many people have benefitted from this service. Since the club is not in a financial position to take losses, we must ask that those swimmers who sign up, have DAM pay their entries, then don't participate in the event, reimburse DAM. This policy was established more than one year ago. For those who entered the Strawberry Canyon Meet and the PM Short Course Champs, but did not attend, please check the bulletin board for the amount that you owe DAM. This bill should be paid prior to, or at reenrollment, or your priority number will become a half number.

FOUR DAVIS MASTERS URGE SWIMMERS TO TRY BERRYESSA, by Cynthia Cilensek

Four Davis Masters, Wendy Pratt Cuckovich, Patti Gay, Cap Thompson, and Susan Munn, who finished the 1982 Lake Berryessa Swim with excellent times, plan to compete again this year. Pleased with last year's swim, they encourage other Davis Masters to join them.

Wendy Pratt Cuckovich, who swims at 6:00 or at 8:00 PM, was first place woman and third place over-all with a time of 35:12, eight seconds behind the first place winner. Wendy, a Davis Aquadarts coach for three years and a former DAM coach, began swimming seriously when she was at Davis High School, then she swam on the North Carolina State swim team for two years.

A strong open-water swimmer, Wendy has competed in the Cove Swim, the Davis Triathlon, Whiskeytown and the Donner Lake swims. By comparison with other open-water swims, she says, Berryessa is much warmer.

At the start of the Berryessa swim she felt crowded, but she worked to get away from the crowd and felt comfortable for the rest of the race. Although she plans to participate in the 1983 Berryessa swim, she does not feel that she is in as good a shape as she was in last year.

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To prepare for the swim last year, she did the regular DAM workouts. For swimmers doing Berryessa this year, she advises, "Stretch out your stroke, relax, and don't worry."

Patti Gay, who swims at 11:00 placed third in her division with a time of 1:01:45. Describing her background in swimming, she says, "I don't remember ever not being a swimmer. I don't even remember learning how to swim."

Patti loved swimming Lake Berryessa. She felt exhilarated going out into the big expanse of water. While she was swimming, she was glad to see how close Goat Island was, though, thinking she could get out if she felt like it. She explains, "By the time I got to the yonder side of the island, I figured I was okay."

For Patti, Berryessa was, "a couple hundred percent better" than any other open-water swims she has participated in, like the Trans-Tahoe Relay, Donner Lake, and Whiskeytown. She thought Berryessa was beautifully organized.

When Patti got to the shore at the end of the race, she didn't think about finishing until she saw John Bracchi frantically motioning her to pick up her stick so the officials could enter her time.

Patti felt casual about the 1982 swim; she looked at the scenery and did a lot of breast stroke. This year she thinks she might try to go a little faster.

Cap Thompson, famous in the 6:00 AM workout for warming down with a 50 fly, completed the 1982 Berryessa swim in 56:13. A runner, as well as a swimmer, Cap has completed 8 marathons, including the Boston Marathon in 1977. He began swimming with DAM in 1978 when a sore hip prevented him from running for a while.

Long distance swims he has completed include the Cove swim, the Trans-Tahoe Relay, the South San Francisco Biathlon and the Davis Triathlon. He thought Berryessa was very comfortable by comparison with other swims. The course was easy to follow, and the event was well-organized. He feels proud that a Davis swimmer put it together.

Cap believes that anyone who can swim for an hour at DAM workouts can probably do the Berryessa swim. He advises swimmers to pace themselves--to set and maintain a good pace. At the picnic after last year's swim, Cap played his banjo with Hank Hamilton, who played the guitar.

Susan Munn placed first in her division with a time of 49:27. Susan varies workouts between 3:00 and 7:00 PM. She didn't really prepare for Berryessa last year. Instead she took a bike trek two weeks before the swim from Salem, Oregon, to Davis with her husband, Vern Scott, and Rick Baier. The next week she went to workout only a couple of days, so she didn't feel that she was in the best of swimming shape.

A triathlete, Susan has competed in the Davis Triathlon 4 times, the

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the Sierra-Nevada Triathlon twice, the South San Francisco Biathlon and the Berkeley Ironhorse Triathlon. She has also competed in open-water swims in Donner, Tahoe and Whiskeytown. Berryessa is the nicest of all, she thinks, as it is smooth, warm, scenic, well-organized and well-marked.

During the swim, she felt up-tight, wondering for the first part if she was going to make it. As time passed, though, she picked up the pace and felt good. She describes the typical feelings at the end of a race. "The first 4 or 5 steps you feel disoriented. You look for somebody you know. Then you look for your towel." At the end of this race, she felt that she could have done it faster as she didn't feel worn out.

Susan advises open-water swimmers to "take your time. If you get up-tight, you might lose your fluid motion, and you might hamper yourself. Enjoy the swim. See what you can see. Hear what you can hear. Take in the whole experience."

In addition to first place man and first place woman awards, this year 65 age-division plaques, created by Davis artist, Phil Gross, will be awarded. Phil's work is currently on exhibit at the Blue Mango Restaurant on G Street, and it can be seen there until the first week in June.

SPRINTING 50'S--NO MARGIN FOR ERROR! by Nick Dukas

With most all our meets including 50 sprints or relays, it's worth taking time to consider the physical and mental skills required to swim a successful sprint time.

Our Head Coach was a freestyle sprinter for 4 years of college. Asked what was the single most important facet of sprint training, Ross replied, "Establishing the optimum performance at sub-conscious level. Any error in a sprint swim can blow the whole effort--there's almost no margin for error."

Listing skills in performance order, Ross explained, "The reaction time off the block must be relaxed and quick--the water entry smooth, appropriately deep and streamlined--the glide to first stroke transition timed 'til slowing to swim speed and surfacing then--the stroke rate and pattern must be constant at "all out" speed (if you discern any change in velocity or must make any change in head or body position in mid-race, you've "blown it"). There must be no hesitation (change of speed) in the strokes going into the turns--the feet should punch the wall on the pushoffs (any unnecessary contact with the wall, two hand grabs or planting the feet adds time to the swim and "blows it"). The glide to first stroke transition out of turns must have appropriate streamlining, depth and timing to surface--the stroke rate and pattern must continue to be constant at "all out" speed. There must be no hesitation (change in speed) going into the finish--the touch must be timed to come at the end of the last recovery, avoiding kick-ins and half strokes. Every sprint effort in workout should be done with all these skills performed as planned in the race, as leaving facets of performance at conscious level or eliciting changes just for meets invariably ruins the sprint performance--starts, glides, strokes, turns, breathing patterns, touches, whatever.

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Appropriate warmups and "psyche" are critical pre-sprint activities. Your coach will run or suggest a warmup and you should get there (to the meet) on time to do it. The need to practice relay roll timing is obvious. Degrees of pre-race "psyche" must be experimented with so each swimmer can find an appropriate level of arousal (quiet concentration for some, relaxed unconcern for others, growling and cantankerous touting for others).

"Sprinter Ron Cowden likes to sit in the locker room until 10 seconds before he's to roll into the anchor leg of our highly touted 194 sprint relay," Ross tells us. "He feels that by not being around 'til the last second, he can get the adrenaline levels of his relay-mates up as they anguish about whether he'll show, and can get back at his coach for all the workouts he didn't like by having him wonder if he (the coach) should up and anchor the relay for lack of a fourth swimmer, and Ron gets loose himself on the last second jog from the locker room", Ross added. "He does get there on time somehow and nails the roll womehow", Ross sighed, "though this approach is somewhat unconventional in sprinting".

SPECIAL THANKS!

Thank you to Farmers Savings and Loan for the donated copying services they've made available to the team.

Thank you to George Gianinni who rebuilt the old Civic Center face clock so that it can be used at our temporary facilities.

Thank you to V. Santoni & Co., our local BUD LIGHT distributor, which has committed continued sponsorship of our DAM Berryessa Swim and Triathlon. Their ~~substantial~~ contributions to the team are a major reason for the success of our events. Should you deal with the Santonis or their public relations director, Bob Haussler, let them know you appreciate their support of our DAM events.

GOT A SPARE SHADE CANOPY?

Our summer pool at Emerson Junior High School (alias "waldo") has lots of concrete and no shade. Efforts are being made to provide a shaded area for coaches, swimmers' children, etc. If you have a tarp or canopy that might work, let Ross know.

CONGRATULATIONS TO OUR 13 PMSA SHORT COURSE INDIVIDUAL EVENT

<u>CHAMPIONS:</u>	Ginny Asbury	Cap Thomson
	Missy LeStrange	Lillian Rowan
	Ann Dallam	Ron Cowden
	Rolf Jensen	Michael McKinlay
	Robert Norris	Karen Lang
	Carol Lane	Wendy Wyels
	Patti Gay	

CONGRATULATIONS TO OUR MEDLEY AND FREE RELAY PMSA SHORT COURSE

<u>CHAMPIONS:</u>	Lynda Campbell	Wendy Wyels
	Chris Guske	Ron Cowden
	Gordon Bell	Gary Goodpaster
	Verne Scott	Jack Horton
	Alan Deyo	Scott Sakaguchi

CONGRATULATIONS TO ALL DAM PMSA SHORT COURSE SWIMMERS
CHAMPIONSHIPS:

A fourth place overall finish, improved over last year.
71% life time best times for all events swum.
The largest contingent (75 swimmers) at the meet.

WALNUT CREEK DUAL MEET TO BE RESCHEDULED

Following a dissappointingly inaccurate weather forecast warning, the DAM and Walnut Creek coaches cancelled our intended May 7 dual meet and barbeque. The unexpected good weather brought some of the uninformed out to Manor Pool for the meet with some having made salads and desserts. We're sorry if you were inconvenienced. The coach was flogged and crabbed out thoroughly for it.

Efforts are being made to reschedule the meet on another Saturday soon. Listen to announcements for details. Ross vows to run the rescheduled meet, even in earthquake or typhoon.

THE GREAT DEBATE!

DAM swimmers Bob "Nanook" Schroeder and Chuck "Reptile" Lieberman have planned a spirited debate with the title: "Pool Workout Temperature--Cold or Warm--Which is Better?" Efforts are being made to schedule the City Council Chambers for this event.

Schroeder will speak from a giant frosted iced tea glass and will enlist a support team of Robert Norris, Michael McKinlay and Verne Scott for the pro cold side. Liberman will speak from a hot tub filled with cooked crab and lobster and will enlist a support group of Edie Schwartz, Jane Hinsdale and Fran Zeman for the pro warm side. The appropriately two-faced coach Ross (who has been known to agree with both sides, whichever is socially expediant) will moderate. Check your local newspaper for time, place and potential TV coverage.

SWIMMER-OF-THE-MONTH

Our first swimmer-of-the-month is Paul Aiken. Although originally from Michigan, Paul is a long-time Davis resident. In the 60's, fresh out of graduate school with a PhD. degree in clinical psychology, Paul got his first job at UC Davis. He taught in the Psychology Department and counseled at the Campus Counseling Center. Eventually, Paul started a private practice in psychology and now has a full time private practice specializing in treating adults and couples interested in long-term psychotherapy.

Paul's wife Nancy is also a clinical psychologist. Nancy got her PhD. in clinical psychology through the Department of Psychiatry at the UC Davis Medical School. Nancy has a private practice in Davis.

Paul started swimming in DAM approximately 5 years ago when he realized he wasn't in very good shape. Paul says that when he first joined DAM he was a "rookies' rookie," meaning he could barely swim the length of the pool and back. Eventually Paul learned to do all four strokes and he says he is in better shape now than he was in his thirties. Both Paul and Nancy swim at the 1:00 p.m. workout.

Most of Paul and Nancy's spare time is consumed by their two small children, Mathew and Sarah. These toddlers have managed to basically ground Paul and Nancy who spend most of their spare time nowadays at their home in rural Davis. Paul does manage to find time to write papers for professional journals and do some gardening. Nancy spends her spare time organizing children's play groups.

Our second swimmer-of-the-month is Monica Cranston. Monica is a counselor at Cosumnes River Community College in the Sacramento-Elk Grove area. Monica finds college counseling very interesting because it involves so many facets of counseling, including educational counseling, career counseling and personal counseling. More over, the age of students at Cosumnes range from nineteen to ninety, and this diversity provides additional interest and challenge for Monica.

Before joining the staff at Cosumnes, Monica was the counselor-coordinator for the Davis Outreach College, a local branch of Sacramento Community College. It was this job which brought Monica to Davis from the San Jose area two and a half years ago. Monica got her master's degree in educational counseling at San Jose State University. Monica did her undergraduate work at UC Santa Barbara, where she got her B.A. in sociology/psychology. While in Santa Barbara, she also worked at the Devereaux School for kids with problems.

Monica swims because it feels good and to keep physically fit. She joined DAM two years ago and now swims at the 8:00 a.m. workout. This winter and spring, Monica's work schedule has kept her from swimming as much as she would like. However, Monica has the summer off and she plans on catching up on her swimming. Although she isn't competing now, Monica swam with a small swim club when she was in Junior High School in Los Gatos. She remembers it was fun, but she never won anything.

Monica also enjoys skiing, jogging and traveling. She enjoys both short week-end trips as well as longer trips. In addition, Monica enjoys off-color jokes, wry humor and Coach Yancher's jokes.