

# Davis Aquatic Masters



Box 921 Davis, California

MAY 1984

Wednesday, May 16		EVENTS COMMITTEE MEETING - 7:30 pm 225 Cortez
Saturday, May 19		BERRYESSA PRACTICE SWIM * Meet at Civic Center parking lot at 8:45 am
Friday, May 25		BERRYESSA ENTRIES POSTMARK DEADLINE *
Saturday, May 26		USMS SHORT COURSE NATIONAL CHAMPIONSHIPS
	through	Industry Hills
Tuesday, May 29		(Los Angeles)
Monday, May 28	***	MEMORIAL DAY - No workout - Lap swim only
Wednesday, May 30		BERRYESSA REGULTS AND REGISTRATION MEETING - 7:30 pm Civic Center weight room
Thursday, May 31		BERRYESSA BUOY AND BOAT VOLUNTEER MEETING - 7:30 pm Civic Center weight room
Sunday, Jun 3		LAKE BERRYESSA 2 MILE OPEN WATER CHAMPIONSHIP SWIM Sponsored by Bud Light *
Wednesday, Jun 6		SOCIAL COMMITTEE MEETING - 8 pm * 905 Valencia
Monday, Jun 11	}	REENROLLMENT FOR SUMMER QUARTER
through		
Friday, Jun 22		
Wednesday, Jun 13		BOARD OF DIRECTORS MEETING - 7:30 pm 206 Full Circle
Wednesday, Jun 20		EVENTS COMMITTEE MEETING - 7:30 pm 3307 Canoe Place
Saturday, Jun 23		D.A.M. PENTATHLON
Friday, Jun 29		TAHOE RELAYS ENTRY DEADLINE *
Sunday, Jul 1		ANNUAL 4TH OF JULY PICNIC - 5 pm * Cassidy Lane
Tuesday, Jul 3		RENO LONG COURSE ENTRY DEADLINE - *
Wednesday, Jul 4	***	NO REGULAR WORKOUTS - Lap swim only
Saturday, Jul 14		RENO LONG COURSE MEET - *
Saturday, Jul 21		TRANS-TAHOE RELAYS - *
Sunday, Aug 5		D.A.M. 10th ANNIVERSARY PARTY - 1-8 pm Central Park and Civic Center pool

\* see related articles inside

## INSIDE THIS ISSUE

Eye witness reports from recent social events ... Events results ... The final Miss Manatee article ... A special Berryessa section with tips on open-water swimming.

## WORKOUT SCHEDULE

With the uncertainties of the pool condition, an schedule published would soon be out of date. For up to date information, call the D.A.M. number (756-4234) for a recorded message of the current workout schedule.



USMS SHORT COURSE NATIONALS  
Memorial Day Weekend

Fourteen of your teammates will be off to Short Course Nationals at Industry Hills (LA) on Memorial Day weekend. Best of luck to On Braly, Becky Randolph, Karen Lang, Roswita Norris, Susan Munn, Bruce Braly, Forrest Flocker, Jim Gross, Doug Frederick, Chuck Lieberman, Michael McKinlay, Robert Norris, Verne Scott and Coach Ross. Bring back some hardware folks!!

TEAM SPONSORED EVENT:\*

Tahoe  
Saturday, July 21

It's time now to start organizing your 6 person relay teams for the Tahoe Open Water Swim. Entries are due to Ross by June 29. Let the coaches know if you need entry information. Categories for the 14 mile relay style swim (swum in 30, 15 and 10 minute intermittent legs) are Men 25+, Men 40+, Women 25+, Women 40+, Mixed 25+ and Open. Any group of 6 can organize a team if they provide their own boat and transportation. Enter early, as the host team takes only a limited number of entries!

Meetings

SOCIAL COMMITTEE

The next social committee meeting will be Wednesday, June 6 8pm at Milt Blackman's house (905 Valencia). Social committee budget and D.A.M.'s 10th Anniversary celebration will be discussed. Everyone welcome!

TEAM SPONSORED EVENT:\*

Reno Long Course  
Saturday, July 14

The Sierra Nevada Masters recently acquired access to a beautiful new 8 lane, 50 meter pool in Reno. They are sponsoring a one-day long course meet in July. This one promises to be fun, both at the meet and after! Entry information is available at the pools. Entry deadline is Tuesday, July 3. Tune up for PM Long Course Championships (Solano JC in August). SWIM RENO!

\* D.A.M. will pay fees for its members - though all teammates must reimburse the team if you enter but then don't swim.

Results

CONGRATULATIONS PM  
CHAMPIONSHIP SWIMMERS!!

Our 65 Pacific Masters Short Course Championship Meet participants brought home the 6th Place Team trophy out of some 50 participating teams. A majority of all the DAM swims were best time efforts, six of our swimmers scoring championships in their individual age group events. Congratulations to PM champions Lillian Rowan (6 events), Susan Munn (4 events) and Cap Thomsen, Joanne Ball, Robert Norris and Michael McKinlay (1 event each).

Particular improvement or outstanding performance plaudits from the coaches go to Byron Philleo, Jim Gross, Shaun Potts, Tom Olund, Geoff Stein, Betty Dugan, Shark Laskin, Milt Blackman, Dave Davies, Gerry Blank, Lucille Barry, Ginny Asbury, Lloyd Peters, Jack Horton, Mike Doneen, Becky Randolph, Rose Conroy, Nancy Malone, Bill Copes, Margaret Turano, Frank Sauers and Therese Bean.



**POOLMATES:**

A Gloss on Proper and Improper  
Pool Etiquette

by

Miss Manatee  
Siren of the Amazon  
and  
Aquatic Social Arbiter

This Month: The Fiddlers

This type is really only mildly disconcerting, a far cry from those denizens of the deep we met earlier : the Full-Blown Boor, the Macho and the Tailgater. It is also something that, at one time or another, 99.4% of all swimmers do, and like the Know-Nothing (last month), is only worthy of comment if a constant practice. Fiddlers are always stopping at the ends of the pool, and sometimes even waver in the middle. They are generally associated with equipment failure. Sometimes physical (sore knee, aching shoulder), the problems are more frequently material, the #1 problem being leaky goggles - though the occasional disintegrating bathing suit can provide much-needed divertissement in an otherwise lack-luster workout. Adjustment of pull-buoys is popular, ripped or self-inflating caps less so. Miss Manatee confesses to participating in fiddling herself, and thus can offer a first-hand explanation of such behaviour: the (at times) powerful desire to sneak in a little more rest time. Adjustment of goggles, suits, pull-buoys, knees, etc. provides an acceptable, if transparent, excuse to stop and catch one's breath. Whew!

Miss Manatee will not dwell on the Backstroke Wanderer, the Would-be Lane General, or the Furtive Fin Snatcher. Instead, Miss Manatee would like to give three cheers for the astonishingly high proportion of gentlemen and gentlewomen among DAM swimmers, who, with good humour and great natatorial skill, make it not only possible but pleasurable for thirty people to swim in a six-lane pool at one time.

Last of a series

Who was Miss Manatee?

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Watch for clues in next month's newsletter!!

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**MERCI MARK AND BRUCE**

Some of us pay our \$17 and swim. Some pay their \$17 and swim and go out of their way for the rest of us who just pay our \$17 and swim. They deserve our thanks.

Each time we've moved from one pool to another, Mark Lundin and his trusty truck have moved lane lines, pull buoys, kick boards, fins, whatever. Recently, Mark's garage was listed as delivery place for our new Civic Center lane lines and pace clocks - which Mark moved as well. Coach Ross and the team salute you!

Being Events Committee Chairman would be plenty for anyone. Bruce Braly, however, took it upon himself to build our new enclosed bulletin board at the renovated pool. Each time you look at the new enrollments or pick up a form, remember, this board didn't just appear! Thanks Bruce, its terrific!



## DAM eggs THEM ON!!

What do you get when you put together 8 dozen decorated eggs and 30 kids?? ... an Easter Egg Hunt which was enjoyed by children and grandchildren of DAM swimmers on April 15. At about noon, the excitement started as coaches Ross and Lynda, together with Carol Lane, John Bracchi (luckily the eggs weren't chocolate or a few would have been hidden by this swimmer), On and Bruce Braly, and Marie Pacquette hid eggs decorated by DAM Easter Bunnies. Just around 1 pm, the first hunters showed up, Jamie Brody and Melissa Sikes. Shortly after came Max Ohlendorf and Brian and Andy Branam. Next came Laura and Aaron Bruhn, Wendy and Katie Lilliedoll, followed by Mischa Olsen, Sarah and Peter Kerlin, Sarah and Andrew Daugherty, Phoebe and Kevin Grow, and Drew and Matthew Larsen. Trailing right behind them came Erik Williams, Stefie and Kim Hagen, Kevin, Sean and Brendon Foster, Raniel and Paul Diaz, Matt Baltz, Manpaul Sibia and Hilary Cole. The last, and youngest, hunter to arrive was Lauren Rushton, who was pretty successful in filling her basket as she crawled through the grass. The Easter Bunny (Carol Lane in a full bunny costume) greeted the children and handed out chocolate eggs.

Okay kids, everybody ready? And off they went! Peter not only found eggs but also a golf ball and a golden egg on his hunt. Five other children found golden eggs too - Matthew, Drew, Stefie, Phoebe and Eric.

A good time was had by all. After the hunt, everyone drank punch and cider while eating cookies and, of course, hard boiled eggs!

P.S. Thank you On and Bruce for organizing the event and those great chocolate cupcakes!!!

--- Marie Pacquette

## D.A.M. DANCES THE NIGHT AWAY!!!!

Whether Big Band music or Rock 'N' Roll was being played at last Friday night's dinner-dance, swimmers easily stepped into the right rhythm. Even Ross and Lynda made it through the waltzes. The Gays, Gianninis, Saums and Wilsons were some of the first people out on the dance floor.

Eight-two D.A.M. members, spouses and friends showed up for the event, which was enjoyed by all. Not one swimmer claimed to be hungry following the full course dinner at the Faculty Club.

A plaque presentation was made to Becci and Bryce Robicheau of V. Santoni by Ross, Bruce Braly (Events chairman), Margaret Turano (Berryessa Swim coordinator) and John Bracchi (Davis Triathlon coordinator). The presentation was made to show D.A.M.'s appreciation of the tremendous support the club receives from V. Santoni as a sponsor of our events. The plaque will be mounted in the Santoni office and lists the names of the Berryessa Swim first place finishers for both the men's and women's divisions. Both Becci and Bryce expressed their high regard for D.A.M.

Thank you On and Bruce Braly, Mary Horton, Jeanne Herring, Marie Pacquette, Ed Branam and Milt Blackman for organizing this event.



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Thank you,

Francesca and Bryan

for the punch and good cheer.

.... 7 am workout

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Q. May I take a leave of absence?

A. Many people will be going away for one, two or more months during the next several months. Leaves of absence may be taken for a minimum of two months.

Therefore, if you are going to be gone for one month you have three options:

-- 1) drop out for a month and rejoin when you get back. You will be reassigned a priority number (new and at the end of the list). Please indicate this choice on your new member enrollment form when you rejoin;

-- 2) pay for the month even though you will not be swimming;

-- 3) take off an extra month from swimming and request a leave of absence for two months.

If you choose to take a leave of absence you must request it in writing to PO Box 921. A leave of absence may be for periods of two months up to one year (special approval of the Board of Directors is required for longer leaves) and must be taken in complete calendar months, i.e. from the 1st to the 1st.

If there are any problems with your request, the treasurer will contact you. (The usual problem is that the leave is requested for less than two months, or not for complete months.)

When you take a leave, you do not swim, do not pay dues and you keep your priority number.

If you have any questions, please call be at the D.A.M. number - 756-4234.

(Answer provided by D.A.M. treasurer, Barb Paulson.)

HAPPY BIRTHDAY, USA!!

An official DAM social function held almost annually and usually in July is coming up. Mark Sunday July 1st as the date for a potluck BBQ and plan to come. This evening get-together features home made ice cream and good fellowship. The last several years we have been entertained by several of our more musical members. Mike McKinlay, Hank Hamilton and John Bracchi have sung and played for us.

This is an invitation to each of you, be you members of long standing or only a few days.

Beer, wine and some non-alcoholic beverages are provided by the club, as are a barbeque grill and charcoal. You bring whatever you want to barbeque and a potluck dish - hors d'oeuvres, bread, salad, dessert or ice cream greezer and the makings. You are also responsible for bringing your own plate and utensils.

Place and time - Mary Horton's place on Cassidy Lane at 5pm. A poster and map will be posted in June.



## YOU CAN MAKE D.A.M. HISTORY!!

to be celebrated Sunday, August 5th at Central Park and the Civic Center Pool. Festivities will last from 1 - 8 pm. Bring something to BBQ and a potluck dish. Call Milt Blackman at 756-5400 or 758-4000 if you are interested in assisting with this event or know of DAM alumni who would like to attend.

Do you have pictures of club related activities? Would you be willing to donate a print and/or slide to the club file? Or could you load us negatives and slides so copies can be made?

We are trying to build up our scrapbook and develop a set of slides. The scrapbook is usually available for viewing at social functions. The slides are viewed at the annual meeting. There are plans to put together a slide and talk show that can be presented to present and potential sponsors (i.e. V. Santoni) to show the kinds of activities they are supporting, in and out of the water, competitive, non-competitive and just plain fun.

## ATTENTION D.A.M. PARENTS!!

Coach Lynda and swimmer Patti Gay are organizing a parent-tot class for the end of this month. They need to have sufficient participation to hold the class so please call Coach Lynda at 753-6920 if you are interested. Days and times are to be finalized. Let's get those babies in the water!

Prints, slides and/or negatives should be identified as to event, approximate date ("year" is fine), your name, and whether it is a donation or a loan. They can be put in an envelope on the bulletin board or left with your coach and directed to MARY HORTON (D.A.M. historian).

Notes from Barb

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## DID YOU SIGN UP AND NOT SWIM?

The following people need to reimburse the events committee for event entered but not swum. Check with Ross if you have a question about why you owe the money. If you are unsure about the amount check with Ross or me. The Events Committee may be reimbursed through a check written to: Davis Aquatic Masters, PO Box 921, Davis, CA 96517. This money should be sent in as soon as possible, but no later than the reenrollment period in June.

Rich Bath  
Vince Crockenberg  
Jack Goldstein

Rebecca Henry  
Karen Lang  
Verne Scott  
Don Veress

--- Barb Paulson 756-4234



## BY-LAW CHANGE PASSES

DAM members voted in unprecedented numbers on May 8 to change the minimum age for membership from 19 to 18 years old. The vote was 155 in favor of the amendment, 34 opposed the change. The vote was the more than twice the number in any previous DAM vote.

Many thanks to Roswita Norris who took care of the election at most of the workouts.

## Board Highlights

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Among the topics discussed at the May Board Meeting were:

Sue Milburn, board member and city liaison, reported the status of Civic Center Pool. Everything is ready at the pool except the co-generation. What this means is cold showers. June is the expected completion date for the approval by PG&E and the hook-up. Until then ...

In an unusual addition to his usual Head Coach's report, Ross had the board and workout reps set up the workout for the next day so that all present could understand more the process that the coaches go through to arrive at our daily torture. Did you enjoy last Thursday's workout?

The board voted to amend the policies and procedures of the club to change "waiting list" to "unassigned list". The change is not substantive, but only to change the frequent misunderstanding that if you are on this list you are not able to swim at all, just pay your money. The correct policy is that those on the unassigned list are admitted to workouts after those who are assigned to the workout.

Other items discussed at the meeting appear in different articles in the newsletter.



## TRIATHLON NEWS

Want to do your first triathlon?  
Consider the following "short  
course" events:

May 27

All Women's Triathlon  
Contact: The First Tri  
Bay Area Triathlon Club  
PO Box 5344  
San Francisco, 95101  
(415)540-1127  
at Redwood Shores,  
Redwood City  
Swim:1k Bike:30k Run:10K

June 17

Sacramento Triathlon  
Contact: Tri Triathlon  
2410 J Street  
Sacramento  
442-8326  
at Rancho Seco  
Recreation Park  
Swim:2K Bike:45K RUn:10k

(Information thanks to  
FLEET FEET, Davis)

## DAVIS AQUATIC MASTERS Davis, California

President, Micheal McKinlay  
Vice-President, Bob Rucker  
Board Members  
John Bracchi  
Ed Branam  
Judy Clark  
Jack Horton  
Susan Milburn

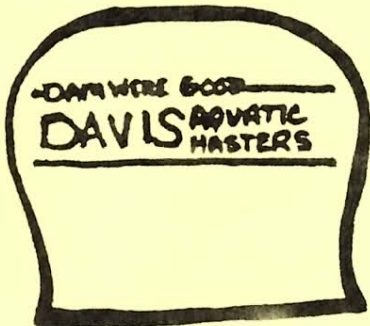
Treasurer, Barb Paulson

Head Coach, Ross Yancher

For information call  
756-4234

The Newsletter is published month-  
ly on the Monday following the  
Board of Directors meeting.  
Announcements and other items of  
interest must be submitted no later  
than 6:30 PM on the Thursday after  
the board meeting. Items can be  
submitted to Diana Barnes 753-1688  
or Ross Yancher 753-6920 or given  
to your coach.

## ORDER A D.A.M. CAP!



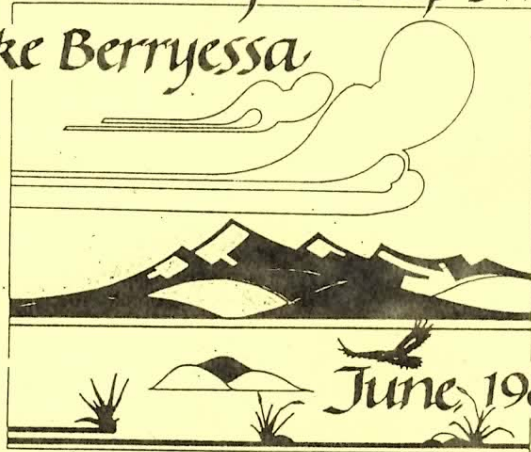
WHITE CAP  
WITH  
BLUE LOGO

DEADLINE: FRIDAY, JUNE 1ST  
ANTICIPATED DELIVERY TIME IS 4 TO 6 WKS  
COST: \$3.00 EACH  
PLEASE MAIL STAMPED, SELF-ADDRESSED  
ENVELOPE (ONE FOR EACH CAP ORDERED) TO:  
D.A.M CAPS, 651 A. STREET DAVIS 9561  
ALONG WITH CHECK PAYABLE TO: D.A.M.  
MINIMUM ORDER IS 50 CAPS! NO ENVELOPE  
NO CAP!



# 2 mile Championship Swim

## Lake Berryessa



## Davis Aquatic Masters

### TIME FOR BERRYESSA AGAIN!!!

### BERRYESSA (DRY) RUNTHROUGH

Summer weather is finally here! So it's time for open water swimming. Join your teammates in swimming and sponsoring the first and largest open water swimming event in northern California. That's right, the Third Annual Lake Berryessa PMS Championship Two Mile Open Water Swim, Sunday June 3. Entries must be postmarked by Friday, May 25. Applications are available at the pools.

Are you curious about the Lake Berryessa Swim planned for Sunday, June 3rd? Then join other DAM members for the Third Annual Pre-Lake Berryessa tour, Saturday May 19. This annual excursion lets you check out the water temperature, course layout and scenery. Make plans to capture the ideal picnic table before the crowds arrive!! Bring a picnic lunch and meet at 8:45 at the Civic Center parking lot on SATURDAY May 18th.

### OPEN WATER TIPS by Lloyd Peters

Competing in the open water is vastly different from pool swimming. Keeping a few key points in mind, however, should make the transition from pool to open water easier.

Perhaps the most important component of open water swimming is the art of swimming in a straight line. Rod Dixon of New Zealand won the recent New York City Marathon by a scant few seconds, not because he was the fastest runner, but because he ran absolute straight lines on a twisting, winding road while his chief rival ran a few feet off the edge of the road. The same straight line principle applies to open water swimming. The fastest swimmer does not always win the race. During your warmups or warmdowns in the pool, practice swimming with your eyes closed. If you hit the lane lines, you are pulling too hard to one side. Work on correcting your pull patterns.

The most efficient method for checking your course and swimming a straight line is to use the water polo stroke (heads up swimming). Every five to ten strokes, simply arch your back and raise your head up

(over please)



so that you can get a quick glance at the marker or buoy. If you cannot sight the buoy at the first glance, take an additional heads up stroke or two until you make the sighting. With a little practice, a good pool swimmer should be able to "come up" every ten to twenty strokes, sight the marker, and continue the normal stroke pattern without any loss of rhythm.

It is essential that an open water swimmer develop a pattern of alternate breathing. If you always breathe on the right side and the buoys are on the left side, it is difficult to mark your course without stopping swimming. Also, alternate breathing in rough or choppy water is necessary if you don't want a mouthful of water every time you breathe.

Paul Asmuth, the current world marathon swimming champion, recommends three stroke techniques for conserving energy in long open water swim races. First, exaggerate the torso rotation so that the pull applied by the arms is supported by the larger and stronger muscles of the back. Second, shorten your pull - do not worry about a full push through at the end of the stroke, so that the major effort is in the first two-thirds of the stroke where you are the strongest. Third, kick less. The kick in races over a half mile does little more than maintain your balance and body position in the water.

Drafting works in open water. Miss Manatee has made this known in many past issues of this newsletter. By tucking behind someone who is a little faster than you are and swimming along their bubbly wake, you can maintain a faster pace than you would yourself - and with less effort. After the first 200 yards or so of an open water swim the congestion will thin out. At this point, breathe from side to side, keeping a close watch on the pace of those around you. If another swimmer goes past you make a special sprint to them and then tuck in behind. Be careful not to get too close, however, or you could find your goggles off your face by a well-planned kick. Also make sure that the person you are drafting swims a straight line. Just because they are faster than you does not mean that they can swim straight.

Drafting, proper stroke pattern, buoy sighting, alternate breathing are all very important in the open water, but they can become relatively meaningless if you lack sufficient concentration. You can "fall asleep" doing 800's or 1000's in the pool but not in open water. Pat Hines, an open water swim champion from LA, says that concentration is 50% of the open water race. There are no lane lines or clocks with which to judge your performance. You are on your own. It is very important to collect your thoughts before you get in the water. Rehearse the race in your mind and decide how you will deal with every situation. Often the new sensations of floating debris or dark water can cause panic even with pool veterans. Focus directly ahead of you rather than on the distractions.

Keeping the above tips in mind should help you complete the Lake Berryessa Swim. After all the distance is only two miles, nearly as much distance as an average daily workout!

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#### REMINDER

The Social Committee encourages you to bring a lunch with you on the day of the swim. There will be an area for our group to gather for a picnic following the swim - look for the club banner.

We will be needing wool blankets for the Lake Berryessa swim. So pull them out of storage and affix your name to them. We will be collecting them May 28 - June 1. They will be returned during the week of June 4 - 10. Thanks!