

# Davis Aquatic Masters



Box 921 Davis, California

## Calendar of Events

### JULY 1984

Monday,	Jul 16	EVENTS COMMITTEE MEETING - 7:30 pm 3307 Canoe Place
Tuesday,	Jul 17	WOODLAND LONG COURSE WORKOUT - 8 pm Carpool meets at 7:30 pm at Civic Center
Saturday,	Jul 21	TRANS TAHOE RELAYS Team sponsored fees and fuel
Wednesday,	Jul 25	<u>ENTRIES DUE PACIFIC MASTERS LONG COURSE CHAMPIONSHIP MEET and FOLSOM LAKE 2 MILE SWIM</u> (Both events are team sponsored entry fees)
Saturday,	Aug 4	FOLSOM LAKE 2 MILE OPEN WATER SWIM * (Team sponsored entry fees)
Sunday,	Aug 5	D.A.M. 10th ANNIVERSARY RELAYS/PICNIC - * 1 - 8 pm. Civic Center Pool and Central Park
Thursday,	Aug 9	BOARD OF DIRECTORS MEETING - 7:30 pm 432 Del Oro
Friday,	Aug 10	<u>PM LONG COURSE CHAMPIONSHIPS</u> *
Saturday,	Aug 11	Woodland (Team sponsored entry fees)
Sunday,	Aug 12	LET'S GO FOR IT!!! THIS EVENT IS A MUST!!
Friday,	Aug 17	ENTRY POSTMARK DEADLINE - DAVIS TRIATHLON *
Saturday,	Aug 18	DONNER LAKE 2.7 MILE SWIM (Team sponsored entry fees)
Monday,	Sep 3	NO REGULAR WORKOUTS - LAP SWIM ONLY 7-9 am and 10-45 - 12:45 pm
Saturday,	Sep 8	WHISKEY TOWN 2 MILE OPEN WATER SWIM
Thursday,	Sep 13	BOARD OF DIRECTORS MEETING - 7:30 pm
Sunday,	Sep 23	<u>DAVIS TRIATHLON</u> * Stonegate Country Club

\* see related articles inside

The Newsletter is published monthly 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.

### WORKOUT SCHEDULE

6:00 am	Civic Center
7:00 am	Civic Center
8:00 am	Community Pool
11:00 am	Civic Center
12:00 pm	Civic Center
1:00 pm	Civic Center
5:30 pm	Civic Center **
6:00 pm	Community Pool
6:30 pm	Civic Center
7:30 pm	Civic Center

WEEKEND SWIMS: Sat. & Sun  
10:45am - 12:45pm Civic Center

\*\* Seniors only

# DAVIS AQUATIC MASTERS PARENTS

COACH LYNDA & SWIMMER PATTI GAY  
WILL HOLD A PARENT-TOT CLASS IN  
AUGUST. AGES 3 MONTHS TO 3 YEARS  
ARE WELCOME. FOR MORE INFORMATION  
CALL 753-6920.

## D.A.M. MEMBERS MOVE ON!

As some of you may know, former D.A.M. coach Kathy Gill and veterinarian Greg Stoner were married last month in Davis. They have since moved to Oregon where Greg is joining a veterinary practice. They would like to hear from Davis friends, and their new address is:

Greg Stoner/Kathy Gill  
1585 Holly Ave  
Eugene, OR 97401  
(503)683-7665

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Painting Party - Thank you Bruce and On Braly for the use of your backyard. Bruce, your carpentry skills were also appreciated. The event booths look great, after being sanded and painted by On, Carol Lane and Marie Pacquette. Keep an eye out for them at the Davis Triathlon in September.

## EVALUATION RESULTS

The results from the recent program and coach evaluation indicated that 7-8 out of 10 members are very satisfied with both club management and the coaching staff. Averages for the questions that asked for rankings (1 = poor; 5 = excellent) ranged from 3.8 to 4.6. These were questions that addressed the quality of individual coaching or quality of workouts, etc. In general, these responses reflect that most members are pleased with the various facets of club operations. Concerns were expressed, however, by 20% of the membership. Some members feel that they are not receiving enough individual instruction; some find the workout format unsatisfactory on occasion; and some have been offended by other specific issues. These points are currently being discussed by the board and the coaches. In particular, ways to address the concern regarding more individual instruction will be dealt with within the next few weeks.

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Bob Rucker

## FOLSOM LAKE 2 MILE OPEN WATER SWIM

The Sacramento Association of Masters Swimmers is sponsoring this warm water swim on Saturday morning, August 4. The event is PMS sanctioned and all entrants must be registered with PMS for 1984.

The two mile swim starts and finishes at Beals Point Beach and Picnic Area of Folsom-Auburn Road along the west shore of the lake and three miles north of the city of Folsom. Since this is in a State Park, there will be a \$2 per car State Park entrance fee.

Entry deadline is July 25 and entry forms are available at the pools.

SUE



## AQUATIC MASTERS

Third Annual Davis Aquatic Masters-Bed Light  
Marshmallow Triathlon Results - July 4, 1984  
(800 yd swim, 2-mile bike, 1-mile run)

- 1st: Tom Olund, 19:30 (6:29 swim, 12:50 bike)
- 2nd: Jerome Beauchamp, 20:08 (6:14 swim, 13:30 bike)
- 3rd: Mark Armanini, 21:06 (6:55 swim, 14:05 bike)
- 4th: Dan Dunbar, 21:17 (7:03 swim, 14:30 bike)
- 5th: Jon Gulick, 21:43 adjusted (7:10 swim, 14:53 bike)
- 6th: Rich Rollins, 22:14 (8:18 swim, 14:40 bike)
- 7th: Laura Conti, 22:58 adjusted (7:10 swim, 18:50 bike)
- 8th: Rich Strohl, 23:11 (8:15 swim, 18:30 bike)
- 9th: Ken Hill, 23:22 adjusted (8:22 swim, 14:35 bike)
- 10th: Michele Gonzalez, 23:30 adjusted (7:10 swim, 18:15 bike)
- 11th: Devyn Rauch, 23:35 adjusted (7:15 swim, 18:15 bike)
- 12th: On Bray, 23:56 adjusted (8:25 swim, 16:55 bike)
- 13th: Bruce Bray, 23:59 adjusted (8:05 swim, 18:50 bike)
- 14th: Stewart Van Horn, 24:14 adjusted (7:10 swim, 18:25 bike)
- 15th: Bettina Forsberg, 24:25 (7:07 swim, 15:05 bike)
- 16th: Margaret Dunbar, 24:46 (7:45 swim, 18:05 bike)
- 17th: Byron Philleo, 24:52 adjusted (8:35 swim, 17:55 bike)
- 18th: Leigh Morioka, 25:17 adjusted (8:48 swim, 18:00 bike)
- 19th: Margaret Schroeder, 25:37 (8:30 swim, 17:15 bike)
- 20th: Carol Tucker, 26:08 adjusted (8:15 swim, 18:40 bike)
- 21th: Joanne Nicola, 27:28 adjusted (8:20 swim, 18:45 bike)
- 22nd: Molly-Pro, 29:11 adjusted (7:55 swim, 18:10 bike)
- 23rd: Eileen Hendren, 32:46 adjusted (10:00 swim, 21:10 bike)

## Meetings

### SOCIAL COMMITTEE

There is no meeting scheduled for August. If you are interested in helping out at the 10th Anniversary Picnic, call Ed Branam at 756-1080. September's committee meeting will cover Triathlon information and planning the Annual Meeting. Watch the next newsletter for details.

## Events

### INTRASQUAD DUAL MEETS

During the month of August, the team will run 3 triple-dual meets to determine morning, mid-day and evening hour champions. A 6 am meet will be staged among the 6, 7 and 8 am workouts. The 11, 12 and 1 mid-day hours will run a timed final (postal-like) competition during each of their hours for a tabulated champion. A 6:30 pm meet will be staged among the 6, 6:30 and 7:30 pm workouts. All meets will be at Civic Center Pool. Dates will be determined after votes on choices of dates during announcements at each workout.

Age groups will be 18-39 and 40+. Swimmers may swim 1 event and 1 relay, only. There will be no male/female divisions. Events will include 200 medley relay, 200 free, 200 IM, 50 free, 100 fly, 100 free, 100 back, 100 breast and 200 free relay. No ringers will be allowed. You must swim at your normal hour in order to compete. Each workout will choose co-captains who will set up competitors in events for the meet.

These events are a lot of fun and are a low pressure, low visibility way for a someone who has never raced before to test the 'competitive' waters.

### HAVE A DAM HAPPY BIRTHDAY

The 10th Anniversary Picnic for the club is scheduled for Sunday, August 5 from 1-8 pm at Central Park and the Civic Center Pool. Alumni RSVP's are coming in. Everyone is invited to bring a potluck dish and something to BBQ. Relay swims, prizes, volleyball and softball games promise to make it an enjoyable afternoon for all!

### FIFTH ANNUAL DAVIS AQUATIC MASTERS BUD LIGHT TRIATHLON

Time once again for the Davis Aquatic Masters to turn the Stonegate Country Club into The Place To Be for the growing triathlete population of America. This medium distance triathlon has become very popular with experienced and novice triathletes alike. We expect over 500 participants on Sunday, September 23 to plunge into the cool, clear waters of Lac du Stonegate, and race through the Avenue of the Olives, finishing back at the Stonegate Country Club for a healthful, gourmet lunch, provided by the Club.

This year will be the first time that the Davis Triathlon will be conducted in the tradition order - swim, bike, run. In previous years, the difficulty of starting a large number of swimmers in the relatively small boat ramp area of the lake. This year, the swimmers will start in the lake.

D.A.M. has developed a reputation for well-organized events such as these. As usual, we need your help. If you have not already volunteered, please call John Bracchi 753-7273.



**Q. What causes those aggravating muscle cramps and is there anything that can prevent them?**

A. Cramps are involuntary spasms of the muscle which can be quite painful and draw an early end to your day's swim workout. The causes for muscle cramps are many and occur most often in muscles that have been overused or stressed. Some causes of muscle cramps are dehydration, electrolyte (salt) imbalance in the muscle itself, hypocalcemia (low calcium) and circulation problems (thrombosis).

To avoid or minimize the occurrence of these annoying events make sure you are adequately hydrated. With this hot summer weather, at least 40-50 oz. of fluid should be consumed each day. Water is the drink of choice since it empties out of the stomach and gets to the working muscles faster than sugar laden fluids (Gatorade, sodas, etc.)

Also, eat plenty of fresh fruits and vegetables daily to insure adequate intake of potassium and other electro-lytes. There is no need to take a supplement of potassium or other salts unless a physician or nutritionist has advised you to do so. Various medications, such as diuretics, can influence salt balance in the body. Avoid large fluctuations in sodium intake which will, in turn, affect your fluid balance temporarily. In other words, a pizza with a side of pickles and salted peanuts might cause some problems.

Lastly, keep your limbs in adequate condition that is commensurate with the type and amount of exercise you are doing and maintain a degree of flexibility that is appropriate for the exercise. A good stretch, a glass of water and a salad after workout might just be the ticket to avoid cramps altogether.

-- Liz Applegate, Ph.D.

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

JULY 12, 1984

### CIVIC CENTER POOL/LOCKER ROOMS/SHOWERS/CO-GENERATION

Although we are all pleased to be back in the new, bigger Civic Center Pool there are on-going problems that continue to be inconveniences and irritants to our members. These came up for discussion in the last board meeting:

- Co-generation: It is partially working. But we are told by the City that valve problems are the reason there is no hot water in the women's showers. This is being worked on. Additionally, when the go-generation is on, the noise makes it difficult to be heard on the pool deck. We are asking the city to look into the possibility of soundproofing the room.
- Locker Rooms: As many of us have noticed, the floors in the locker rooms do not have drains and do not slope toward the drains in the showers. The City is looking into ways to mitigate the problem temporarily and ways to correct the defects permanently.
- Pool nozzles: These protrusions into the pool continue to be a hazard. We are told that the city is trying to replace them, but it seems that flat nozzles are not stock items so they will have to be fabricated.

### TREASURER'S REPORT

Since our regular treasurer, Barb Paulson, is on vacation, Sue Milburn gave the rosy treasurer's report. Our year-to-date income for the six months ending June 30 is \$1471.86. This amount includes \$3800 from V. Santoni, the local Budweiser distributor, for the Lake Berryessa Swim. Summer Quarter registration is 438 with 17 seniors and 62 on leave.

### EQUIPMENT PROBLEMS

DAM spends large amounts for purchasing equipment each year. For the first six months of 1984 we have spent over \$3400 on equipment including \$1500 for 7 new lane lines at Civic Center Pool. In the past the Aquadarts have shared the purchase of equipment with us and thus, were entitled to use it. However, in recent years all the equipment purchased have been solely by DAM with the exception of a recent contribution from the Aquadarts for repair of pace clocks.

Recently, on July 4 DAM equipment was used at the public swims. We lost several hundred dollars worth of equipment including boards and fins. Because of the continuing problems we are having and because other aquatics groups which use the equipment have not been contributing to the maintenance and purchase of equipment the Board has decided to establish new policies to prevent continuing loss of equipment and cost to our members of thousands of dollars. We shall be talking to the city and other aquatics groups about the problems and our new policies. The essence of the policy is that any portable equipment purchased solely by DAM will not be available for use by any other groups. Appropriate security measures will be taken to implement the new policy.

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(Board Highlights - continued from previous page)

Although the policy may seem drastic to some, the Board has just had to appropriate an additional \$1000 for purchasing equipment to replace our recent losses.

If anyone would like to discuss these problems, please give me a call at 753-1688.

-- Michael McKinlay

D.A.M. WE'RE GOOD

**DAVIS** AQUATIC  
MASTERS

AVAILABLE WITH OR  
WITHOUT "D.A.M.  
WE'RE GOOD" KICKER

TEAM T-SHIRTS AND OTHER  
ITEMS NOW AVAILABLE  
AT CREATIVE T-SHIRTS  
ON 2ND STREET, DAVIS

**TEAM CAPS STILL AVAILABLE!**

**GET YOURS NOW BY SENDING  
\$3.25 AND A LARGE SELF-  
ADDRESSED, STAMPED ENVELOPE**



**TO: D.A.M. CAPS  
651 A. STREET  
DAVIS, CA 95616**

**MAKE CHECKS PAYABLE TO:  
LYNDA CAMPBELL**

**DELIVERY TIME IS 2-3 WEEKS**

# HELP US WIN THE BIG ONE NOW THAT IT'S CLOSE!

## ENTER PACIFIC MASTERS LONG COURSE CHAMPIONSHIPS

Sponsored by SOLANO MASTERS

August 10, 11, and 12

### WE NEED YOU!

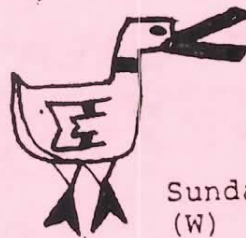
**LOCATION:** Woodland Community Swim Center, 155 West St., Woodland, CA. Exit I-80 on Pedrick Road. Go North 12 miles and turn right on W. Woodland Ave. Go 2 miles and turn right on N. West St.

**POOL:** 50m x 25yd outdoor heated pool, 8 lanes will be used for competition with the remainder of the pool used for warm-up.

**TIME:** Friday, August 10: Warm-ups 4pm; meet begins at 4:30pm; check-in for the 1500m free by 4:30pm. August 11 and 12 check-in for the first four events by 8:30 and all others at least 1 hour before swimming.

### ORDER OF EVENTS

Friday, August 10		
(W)	(M)	
1	2	400m IM
3	4	1500m Freestyle



"CRACK THE WALNUTS"  
 "SLAM TAM"  
 "HOOK THE MARLINS"  
 "SMACK SAC"  
 "DRUB THE O-CLUB"

Saturday, August 11		
(W)	(M)	
5	6	200m Backstroke
7	8	100m Breaststroke
9	10	50m Freestyle
11	12	200m Butterfly
13	14	200m Medley Relay
15	16	400m Freestyle
17	18	200m Breaststroke
19	20	100m Butterfly
21	22	200m Free Relay

Sunday, August 12		
(W)	(M)	
23	24	200m IM
25	26	50m Backstroke
27	28	100m Freestyle
29-----	30	200m Mixed Medley Relay
31	32	200m Freestyle
33	34	50m Breaststroke
35	36	100m Backstroke
37	38	50m Butterfly
39-----	40	200m Mixed Free Relay

**ENTRIES:** All entries must be on pink or blue IBM cards and accompanied by a consolidated entry card. A maximum of five events per day and a total of seven for the three day meet, excluding relays. No late or deck entries will be accepted for individual events. Relays may be deck entered by 10:00 am the day of the event. The meet will be deck seeded.

**FEES:** TEAM PAYS ENTRY FEES FOR ALL MEMBERS WHO ENTER ON TIME

**DEADLINE:** ENTRIES DUE TO COACHES WED. JULY 25.  
NO DECK ENTRIES!