

Davis Aquatic Masters



Box 921 Davis, California

Calendar of Events

AUGUST 1984

Tuesday,	Aug 21	INTRASQUAD TRIPLE DUAL MEETS
Wednesday,	Aug 22	Civic Center Pool
Thursday,	Aug 23	
Monday,	Sep 3	NO REGULAR WORKOUTS - LAP SWIM ONLY 7-9 AM and 10:45 - 12:45 PM
Tuesday,	Sep 4	COMMUNITY POOL CLOSED 8 AM workout at Civic Center
through		6 PM workout at 5:30 at Civic Center
Thursday,	Sep 6	SOCIAL COMMITTEE MEETING - 8 PM
Saturday,	Sep 8	2723 Ganges
Saturday,	Sep 8	WHISKEYTOWN 2 MILE OPEN WATER SWIM
Monday,	Sep 10	
through		REENTROLLMENT FOR FALL QUARTER
Friday,	Sep 21	
Thursday,	Sep 13	BOARD OF DIRECTORS MEETING - 7:30 PM 432 Del Oro
Sunday,	Sep 23	DAVIS TRIATHLON - * Stonegate Country Club
		NO REGULAR LAP SWIM - lap swim 4-6 PM

LABOR DAY BRINGS WORKOUT CHANGES

As of Tuesday, September 4, several workout hours will or may change. As best as we know now, seniors hour (now 5:30 pm) will switch to 10 am; 6pm Community will switch to 5:30 Civic Center for September 4-7 and then may move to 6:30 pm as it returns to Community; and the 5:30 and 7:30 pm Civic Center workouts may (by vote) be able to move to earlier start times as of September 10. LISTEN to announcements to be sure.

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 Yanher (753-6920) or given to your coach.

Results

FOLSOM LAKE SWIM

Dave Scott, Pat Feeney and Susan Munn each raced to victory in their respective age divisions and let over 50 D.A.M. members in the Folsom Lake 2-mile Swim on August 4. Anna Pettis, Jane Hinsdale and Verne Scott placed in the top three in their respective age divisions.

Scott, racing in the men's 30-34 division, was clocked in 44 minutes, 22 seconds. Feeney, competing in the men's 35-39, was timed in 46:05, while Munn, women's 45-49, was clocked in 54:43.

Pettis finished in 45:26 in women's 19-24; Hinsdale completed the course in 1 hour, 3 minutes and 2 seconds; and Verne Scott was clocked in 1:15.34.

TRANS TAHOE RELAYS

On July 21, Dave Scott, Lance Halstead, Paul Drummond, Mike Cuckovich, Wendy Pratt Cuckovich and Jamie McClellan teamed to win the overall title in the Trans Tahoe Relays. The 14.2-mile crossing of Lake Tahoe was made more difficult by a mid-race storm that raised 3-foot high waves.

Only 42 of the 85 teams entered in the event finished the race. Two of the four D.A.M. teams completed the course. Don Veress, Pat Feeney, Steve Wallace, Dave Kelley, Kicki Brown and Nate Laskin were members of the other Davis team that finished the event.

D.A.M. PM LONG COURSE CHAMPIONSHIPS SWIMMERS TAKE SECOND PLACE TEAM FINISH!!

Congratulations to all who participated and helped D.A.M. to get its best team finish ever. The final standings were:

Walnut Creek	1594 (First)
Davis Aquatic	1224 (Second)
Tamalpais	521 (Third)

Each and every swimmer is a champion in our eyes and many who participated turned in some lifetime best times, many of whom had never swum competitively before. The D.A.M. high score was the result of some outstanding efforts as seen below:

INDIVIDUAL AGE GROUP HIGH POINT SWIMMERS:

Lynda Campbell, Doug Huestis, Susan Munn

INDIVIDUAL AGE GROUP EVENT CHAMPIONS:

Karen Lang	Wendy Wyels
Mary Horton	Carol Lane
Michael McKinlay	Chuck Lieberman
Becca Owings	Rolf Jensen
Allen Cintas	Holly Kinne
Karen VanKlaveren	Mark Hendrikson
On Braly	

RELAY CHAMPIONS

Jerome Beauchamp	Cap Thomsen	Mary Ann Kelly
Luis Aquilar	Warren Peden	Karen Ozment
Mark Armanini	Barbara Reed	John Bracchi
Bob Schroeder	Francesca Miller	Dave Gilmer
Jane Hinsdale	Scott Sakaguchi	

Coach's Corner

Stroke drills are swims with forced corrective or supportive motions which, over time when done repetitively, transfer desired motor skills to the full stroke involved.

An example is "one arm swimming", often done at D.A.M. in the 3-2-1 pattern. In freestyle, the opposite arm is held extended while single arm pulls are done with the other. Correct use of this freestyle drill will result in improvement in several areas:

- improvement of overhead extension on recovery, as each pull should begin with an extended arm
- the lack of body roll coupled with having the opposite hand touch will promote a pull that goes straight down the mid-line of the body and thus diminish overreaching or underreaching
- help you maintain the "high elbows" (low hands) position on recovery
- forced offside breathing promotes stroke balance between your "good side" and your "off side"
- general stroke lengthening.

One arm swimming has different purposes for different strokes. The 3-2-1 pattern is arbitrary, used mostly to reduce boredom and stress.

(Ed. note - Each month for the next few months we will have another stroke-drill explanation to introduce new members to the whys of what we are doing in workout. Those of us who have "heard it before" can also use this information for reinforcement and maybe even improve an existing technique.)

DAVIS AQUATIC MASTERS Davis, California

President, Michael 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

STARTING TODAY, ALL CIVIC CENTER WORKOUTS START 20 MINUTES EARLIER

... if you begin using the weight room for stretching, strength and cardiovascular development. A 20 minute circuit workout is available for before or after every Civic Center workout. Narrative directions or coached orientations are available, Augment your training! It's your facility! Come and try it or ask about it.

DAVIS TRIATHLON
SEPTEMBER 23

**** D.A.M. 10TH ANNIVERSARY ****
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On Saturday August 5th, Central Park and the fabulous Civic Center Pool II served at the backdrop for the D.A.M. 10th Anniversary Celebration. Over 100 past and present D.A.M.ers and their families whiled away the afternoon swimming, barbequeing and reminiscing about "old times". Past members arrived for the day's festivities from as far away as Virginia, Montana and Colorado.

Highlights included singing, kickboard races, volleyball games and a special showing of Dot Scott's semi-portable D.A.M. pictorial library.

The Social Committee would like to extend a special thank you to **Carol Lane** and **Dot Scott** for their efforts in helping make this a highly successful and enjoyable event. Thanks also go to **On Braly** for the beautiful cakes and to **Ross Yancher** for organizing the swim relays. Let's do it again in another 10 years!!

Coaches Lynda and Ross thank the swimmers who left an anonymous gift certificate at the PM LC meet. We appreciate your appreciation!!

Next month, D.A.M. will host the Davis Triathlon for the sixth year in a row. Though the entry deadline was only last Friday, race officials are confident that a full complement of 500 entries will be received. A somewhat unusual feature of the Davis Triathlon is that an "entry" may be an individual doing all three legs (swim, bike, run) or a team with different athletes racing on each leg. Entries have been received from as far away as Hawaii, Connecticut and Montana. There is also, as should be expected, a large contingent from Davis, but San Jose seems to be where most of the entrants are from. (Could it be the water?)

Last year's first place finishers took 2:22 for the individual and set a course record of 2:03 for the team entry.

The Event Director (Carol Lane) still needs a people to be Course Monitors - those brave individuals for stand at important intersections in the run and bike course and direct the athletes, or monitor the lake from surfboards. You could participate in the event as a member of a team and still help out. For more information, please call Carol at 753-7273. All those helping with the event, as well as all the triathletes, will receive commemorative mugs with the new Davis Triathlon logo. Committee chairpeople may be calling you to ask if you could help, please give generously.

Davis Triathlon T-shirts will be on sale at the event for anyone who wishes to purchase one - athletes and helpers alike. The T-shirts will also sport the new logo which will not be revealed until race day.