

Davis Aquatic Masters

NEWSLETTER

Box 921 Davis, California

CALENDAR OF EVENTS

OCTOBER 1984

Wednesday, Oct 17	CHIROPRACTIC TREATMENT OF SWIMMING INJURIES 8 pm - Civic Center Gym
Tue./Wed. Oct 23-24	PROXY VOTING - BOARD OF DIRECTORS ELECTION All workouts
Saturday Oct 27	INTRASQUAD 500 MEET - Civic Center Pool 8:30 warmup 9:00 start
Sunday Oct 28	D.A.M. ANNUAL MEETING - UCD Rec Pool Lodge 5:00 - 10:00 pm *
Thursday Nov 1	SOCIAL COMMITTEE MEETING - 7:00 pm ENTRIES DUE - S.F. SHORT COURSE
Sunday Nov 4	SACRAMENTO PENTATHLON INDOOR Sac-YMCA 8:00 warmup 10:00 start
Thursday Nov 8	BOARD OF DIRECTORS MEETING - 7:30 pm 206 Full Circle
Sat./Sun. Nov 10-11	SAN FRANCISCO STATE SHORT COURSE MEET Indoor meet! Team sponsored fees
Monday Dec 10 through Friday Dec 21	REENROLLMENT FOR WINTER QUARTER
Monday Dec 24	NO EVENING WORKOUTS
Tuesday Dec 25	NO WORKOUTS OR LAP SWIM
Monday Dec 31	ONE EVENING WORKOUT ONLY - 6 PM (Others as normal)
Tuesday Jan 1	NO REGULAR WORKOUTS - LAP SWIM ONLY

Schedule for Thanksgiving Holiday week (Nov 26-28)

- two morning workouts at 6am, 7am
- three noon workouts at 10am, 11am, 12am
- one evening workout at 6pm

* - see related article inside

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

WORKOUT SCHEDULE

6:00 am	Civic Center
7:00 am	Civic Center
8:00 am	Civic Center
10:00 am	Civic Center*
11:00 am	Civic Center
12:00 pm	Civic Center
1:00 pm	Civic Center
6:00 pm	Civic Center*
6:30 pm	Community
7:00 pm	Civic Center
8:00 pm	Civic Center

* Seniors only

** through mid-November

NOTES FROM BARB

OOPS! THE ENROLLMENT FORM DIDN'T ASK FOR MY PRIORITY NUMBER!

Believe it or not, this omission was intentional! I'm sure those of you who take a wild guess as to your priority number each quarter appreciated the opportunity to putting your minds to one less task. For those of you who diligently looked up your number and wrote it (sometimes in huge lettering) for the poor absent-minded treasurer, I thank you for your thoughtfulness. This quarter I put the reenrollment process on a computer. The program can easily find you by name since the list of names is indexed on both priority number and name. Before, my only complete membership list was by priority number. If you didn't give me the number, I then had several incomplete lists I could check to find your priority number. I am hoping that the reenrollment process will be easier for all concerned with all the information stored for computer use. I do not want the process to become less personal and will try to work out any problems as I have in the past. One excuse I promise to use very sparingly, if at all, is "The computer must have made a mistake". I know that computers very seldom make mistakes - it is usually the person inputting the data or the programmer. So if there is a mistake it will either be yours or mine, as it has been in the past.

PLEASE CHECK

Everyone should check their names, workout assignments and priority numbers when the lists come out before the beginning of the quarter. This will help to catch errors that could take a lot of time to correct. In summer quarter, one member with a very low priority number sent her form and check in on time for reenrollment. They were never received by me so I had to assume that she had dropped out. Since her member number was low enough she knew she would make it into her first choice of workout assignments, and did not check to see that her name was on the list. When her form and check were sent (and received) on time this quarter, it took quite a bit of time to figure out what had happened and to correct things. This quarter similar things happened several times. If you feel something is wrong, please call me so that we can straighten things out now. Thanks. -- Barbara Paulson
753-4234.

NEW DIRECTORY IN THE MAKING

A list of members who enrolled at reenrollment time will be posted with their telephone numbers and addresses. Please check to see if your name, address and phone number are correct. Some forms were very unclear so some of the information is bound to be incorrect. Also the typist has been known to make typing errors. Help us make an accurate directory for all of our members.

EVENTS

ANNUAL MEETING

The D.A.M. Annual Meeting will take place on Sunday, October 28 from 5-10pm at the Rec Pool Lodge on campus (located at the southwest corner of La Rue and Hutchison Drive). The evening's agenda includes voting for new board members, a potluck (beer, wine and non-alcoholic beverages provided), slide show, announcement of new board members, door prizes, carved pumpkin judging and dancing. We ask that you bring your favorite potluck dish, a carved pumpkin to decorate your dining table (which can possibly win a prize in the judging) and any taped music that you would enjoy dancing to.

5:00- 6:30pm Voting/cocktails
6:00pm Potluck dinner
8:00 - 10:00pm Festivities

INTRASQUAD 500 MEET

Thanks to Larry Olsen of the 8am workout, the Davis restaurant CAFE CALIFORNIA has donated a \$15 gift certificate for the top man's and woman's times from the INTRASQUAD 500 MEET on Saturday October 27. Now that's incentive!!

Please take time to read the statements of Board of Directors candidates Doug Frederick, Jim Gross, Marie Paquette, Vince Pedroia and Brett Stone. Candidate Bruce Braley's statement was unavailable at press time.

BERRYESSA MUGS AVAILABLE

Thanks to all who waited to get their mugs. The mugs have arrived and were available in mid-July. The following is a list of people who need to pick up their mug. You can talk to any coach at Civic Center to get yours:

Diana Barnes
Sharon Elaha
Bruce Bolden
Ed Branum
Cynthia Cilensek
Stephen Cole
Nancy Corstorphine
Laura Cox
Vince Crockenberg
Mike Cuckovich
Christine Duarte
Pat Foster
Jeanette Franklin
Patti Gay
Linda Galyen
Richard Glass
Michelle Hathaway

Ute Haustedt
Kathy Hayes
Jeanne Herring
Mark Henrickson
Kevin Joe
Shirley Jordan
Nate Laskin
Nancy Malone
Maureen McArthur
Jamie McClellan
Cathy McHugh
Mike McKinlay
Ann Owings
Brian O'Brien
Anastasia Pappas
Marie Paquette

Trish Pedroia
Ellen Reichel
Cherry Robinson
Ellen Robinson
Bob Rucker
Victoria Rupley
Mike Rushton
Bonnie San
Ann Scheuring
Muriel Stamm
Kimber Stanhope
Geoff Stein
Virginia Ursin
Susan Witt
Kim Wood
Joyce Zinn

USAS - CONVENTION REPORT

by Margaret Jorgensen Turano

I was selected to represent Pacific Masters Swimming (PMS) at the United States Aquatic Sports Convention, September 19-22 in Indianapolis. I want to share with you some of my experiences at the convention where it was very interesting to discover what Masters Swimming is like on a national level and to compare it to my experience in Davis.

My first surprise was where the registered USMS swimmers are. (Of the 500+ DAM members, about 100 are registered with PMS/USMS). The PMS region of northern California is by far the largest group in the nation, with 2400 members for 1984. Next is the Southern Pacific Conference (southern California) with 1700 members. Representation at the convention is based on the number of registrations, and accordingly PMS was very well represented. DAM was particularly well represented because of the attendance of myself as a PMS delegate as well as the presence of Verne Scott, one of the founding members of DAM and currently Vice-President of United States Masters Swimming.

USMS is in the process of setting goals for the program, determining how the organization can better serve the needs of adult swimmers and I spent much of my stay in committee meetings, including long range planning and long distance swimming.

The bulk of my efforts were spent dealing with long distance swimming. My purpose at the convention was two fold: 1) to serve as a voting delegate from PMS and 2) to present a bid for an open water national championship, to be held at Lake Berryessa, June 2, 1985.

I made a slide presentation to two groups: first to the committee making the bid selection and then to the general meeting of the Board of Delegates of USMS. The bid was very well received and there was much enthusiasm about the type of open water swim we run. Open water swimming is a relatively young sport for Masters swimmers, so there were numerous enquiries as to how one organizes and runs a swim that large in anything but an ocean! Since interest has been piqued at the convention, I hope that the National Championship really can "draw" people at the national level.

I will confess to some fun and games while at Indianapolis. We were able to work out in the internationally renowned IUPUI Natatorium. Yes folks, I swam in the same pool used for the US Olympic Trials. It actually is a complex of 3 pools (two 250 meter pools and one 25 yard by 25 meter pool). It alledgedly is one of the finest pools in the world - but amazingly enough, my times didn't necessarily indicate that! But I'll have to admit - I do love to swim in an outdoor pool (at least most of the time). So I'm glad to be back in Davis and good ol' Civic Center.

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In general discussions with other swimmers, I gained a sense of how unique and fortunate life is as a DAM swimmer. No other team in the country has the number of swimmers or as well organized a program as we have here at Davis. While it is true that we have struggled for several years for adequate pool facilities, through those times we have been able to maintain some semblance of orderly workouts. We all owe a large debt of gratitude to the board members, coaching staff and of course the tenacity of DAM swimmers. I can assure you that few teams in the nation could have survived such adversity with such an excellent program and maintain the true goals of Masters Swimming - adult swimming for the love and health of it! This is something easily taken for granted, until you encounter those with situations less fortunate than we have at DAM.

FAT AND SWIMMING

by Lynda Yancher

September 14th, while in Chicago at the American Swimming Coaches Association Clinic, the DAM coaches listened to R. James Bernard, Ph.D. speak. He is director of research for the Pritikin Research Foundation, where the famous Pritikin Diet originated. Dr. Bernard spoke on the importance of developing good eating habits early in life to prevent degenerate disease.

The most outstanding topic he touched on was the importance of limiting fats, sugars and salt in the daily meal plan - fat being of the most concern. Fats in the diet come in many forms, many of which are hidden. To help the average consumer identify the sources of fats in the diet, the U.S. government prints a pamphlet of fats and foods in which they are found, and books are available with even more extensive lists in most bookstores.

Fats accumulate in the blood vessels and with enough buildup will inhibit the proper circulation of blood to the vital organs. This occurs because properties of certain types of fats cause the red blood cells bind together, instead of floating freely, which decreases the amount of surface area over which oxygen can diffuse.

Research presented by Dr. Bernard included an extensive study of small populations around the world with very low fat intakes. They all showed a significantly reduced percentage of heart attacks and other now popular degenerative diseases.

Dr. Bernard did emphasize the importance of making people aware of diet changes that can be made now to save lives in the future. He, as well as the DAM coaches, are hoping you will become aware and concerned about a subject that affects your life everyday. Talk to your coach if you would like further information. If there is interest, an evening with a dietician could be arranged.

THANKS THANKS THANKS THANKS THANKS THANKS THA

WE WAS SURPRISED!

Coach Ross and Coach Lynda want to thank members of the team who took part in our nuptial congratulatory surprise party on Triathlon Eve. We had no idea what was up and greatly appreciate all the good thoughts and best wishes we've recieved. It was no surprise, however, to see that we've developed many good friends at D.A.M. But now the honeymoon's over -- on with short course season!

LAKE BERRYESSA AWARDED NATIONAL CHAMPIONSHIP

Davis Aquatic Masters were awarded the 1985 Open Water Swimming Championship in the 1.5 - 3 mile catagory. It will be held at Lake Berryessa June 2, 1985. This will be the first time that DAM will sponsor a national championship event. The awarding of the bid was made at the United States Aquatic Sports convention in Indianapolis last month. (See article under PMS NEWS). The delegates were very impressed by the DAM organization in sponsoring such a successful and safe event.

As DAM members, everyone should be proud to be sponsoring the first and largest open water national championship in northern California. Our reputaion is widespread for fun events, and we are anticipating a popular championship. So plan ahead and be prepared to assist in running a successful swim.

Thank you to all the volunteers at the Triathlon and a special thanks to committee heads:

Bruce and On Braley
Michael McKinlay
Anne Garson
Marie Paquette
Vince Pedroia
Rose Conroy
Annietta Yamaguchi
Cynthia Cilensek
Missy LeStrange
Rod and Nancy Farley

Please support our sponsors BUD LIGHT, FLEET FEET, LEATHERBY'S, KNUDSENS NATURAL JUICES and CALISTOGA MINERAL WATER.

--- Carol Lane,
Davis Triathlon Director '84

MEETINGS

SOCIAL COMMITTEE

The next meeting is scheduled for Thursday, November 1 at 7:30 pm. New members are welcome. Plans for the club's Christmas party will be discussed and a tentative social events calendar for the year will be drawn up. Meeting location to be announced during workout.

VOTING FOR BOARD MEMBERS

Voting for Board candidates will be possible at workouts on October 23-24 and at the annual meeting. Our by-laws allow proxy voting to be done by giving your proxy to a member of the board or nominating committee. On Tuesday and Wednesday October 23 and 24, we will make that easy for you. A club official will be at each of the workouts to take your proxy for the candidates of your choice.

It is important that you read the statements of the candidates contained in this newsletter and vote accordingly. The board makes policy decisions which affect each of you.

COACH'S CORNER

CRUISE SETS

As our season outline states, we will initiate a new mid-season goal set called a "cruise set" in December. Taken in part from a talk by Dr. James Councilman (head coach at the University of Indiana) at the recent American Swimming Coach's Association Clinic, this set will require self monitoring of times, pulse and stroke rate by participating swimmers. Over the mid-season though, you'll find the information your monitoring yields will be quite helpful in gauging your improved swimming fitness or undesired over-training.

Our cruise set will be 5 X 200 free at medium rest. Swimmers can expect to get 30 to 45 seconds longer rest intervals on this cruise set than in normal short rest series. During the third and fifth 200's, swimmers will be asked to count their pulls per length on lengths four and eight and to get a six second pulse reading immediately after both repeats. Swimmers should record their third and fifth 200 times, their number of pulls per length (average or all four counts) and their pulse rate after each tri-weekly cruise set. Over the season, ideal comparative statistics will show a drop in repeat times, an equal or lesser number of pulls per length and a drop in pulse rates.

The meaning of time drops is obvious. Drops or increases in pulls per length are an indicator of efficiency - the less the better, maintaining better than increasing. Decreasing pulse rates would mean the body is adapting to the stress of the set and handling it more easily. Over-training, effectiveness of taper and lack of adequate training can be deduced by comparisons of these statistics from period to period, as we will explain in mid-season. For now, be aware of the necessity of you to keep track of your own progress. The coaches will instruct you how, but can't keep data on 600 athletes. Monitor yourself when the time comes.

Example intervals for Cruise Set:

(5 X 200 free)

Advanced 3:15 - 3:30
Experienced 3:45
Intermediate 4:15 - 5:30
Rookies 6:00 - 12:00

TRIATHLON BAKERS AND CONCESSION BOOTH TENDERS

Thank you for assisting in the Triathlon. Some of the best looking brownies, cookies and muffins were baked! Everything sold out! Sellers and bag packers, if you didn't pick up a mug for your labor efforts, let your coach know. Mugs will be available for pickup at the pool, after October 22.

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

SWIMMER'S DIGEST

If you're curious about how to translate all this Pritikin information into meat, potatoes and butter (or oleo), then let Lynda or Ross know that you'd be interested in attending a workshop given by Kay Shaff in mid-November. Kay is a Registered Dietician who has worked in nutrition, primarily with prenatal patients and with the elderly. She has also been doing diet assessments for participants of the Davis Area Sports Medicine Screening Clinic for nearly two years. She's been swimming with Masters for 7 years - primarily for fitness, but has competed, too.

"One of an athlete's greatest needs is for meal planning," Kay says. "They don't usually want to spend much time cooking, so they want information about food they can use when eating out." She has meal planning information with sample restaurant menus that she's willing to share with teammates.

So if you're interested in having a free workshop like this, let your coach know and they'll announce the time and date on deck.



ORDER A TEAM SWIM CAP!

COST is \$ 3.50 per cap (tax included)

How do you order one?

Send a check payable to Lynda Yancher and a self-addressed, stamped (20 ¢ for each cap ordered) large size

envelope to: D.A.M. CAPS
651 A. Street
Davis, 95616

DEADLINE TO ORDER IS NOVEMBER 20th!!!!
Caps will be here in early December.

VINCE PEDROIA

I learned to swim in the Rookie Lane of the 6:00 am workout at the Old Civic Center Pool in 1982. Since then I've done a dozen open water swims. So, I think a lot of DAM and I'd like to see us continue our fine program.

I see these as some of our objectives: maintain the quality of the Berryessa Swim and Triathlon (including member participation in production of these events, and limiting the size of the field), encourage our coaches to extend their expertise (for example, injury management) by funding their participation in seminars, keep our program attractive to swimmers of all abilities and attitudes and enhance our rapport with other swim groups and the city.

I've served as workout rep to the board and I'm the guy who thinks directing traffic at the Triathlon is fun.

I'll support a policy of optional IM sets, warmer water, colder water and a team-provided masseur and/or masseuse for the weight room.

JIM GROSS

I am interested in running for the DAM Board of Directors to actively participate in club activities. I was on the Board of Directors for the Sting Ray Swim Club (Miami Masters) and understand the constraints in administering a member-oriented club.

BRETT STONE

I came to Davis as a student in 1966 and after graduation began teaching in the public schools. After thirteen years of teaching I moved into retailing as owner of Brett's for Sports, a sporting goods outlet now in its sixth year of operation.

I joined Davis Masters in the summer of 1983 and at the time regarded it as a short term means of dealing with running injuries. But once in the program I was instantly hooked on DAM's unique formula for combining conditionin and competition with friendship and social opportunities.

This year I served on the social committee and helped with the Berryessa Swim. But in measuring all the benefits I have received from DAM, I would now like to do more as a contributor. Therefore, I am offering my time, my enthusiasm and my organizational skill towards the continued effectiveness of the DAM board.

ELECTIONS ELECTIONS ELECTIONS ELECTIONS

MARIE PAQUETTE

Last August I began my fifth year swimming with the Club, and my fourth year as a member of the Social Committee. Besides swimming with Masters to stay physically fit, I enjoy socializing with Club members and participating in Club activities.

My job as a foodservice manager and nutrition educator provides me with continued use of organizational, planning and hospitality skills. These skills have been valuable in my role as co-chair of our social committee this year. The Spring Dance, Christmas Party, and Beer and Chocolate Tastings were just a few of last year's successful social events.

We have a great group of people swimming with Masters and it's at social functions that members are better able to become acquainted. You have a chance to learn more about you lane mates and other club members ... whether they enjoy dancing or not, whether they are a vegetarian or a meat-and-potatoes person, whether they are married or single, what their wardrobe consists of, other than swimwear...

Through my two year experience as a board member for Vocational Training Enrichment, Inc., a foodservice training program for developmentally disabled adults, I have learned how to be a productive board representative. As a board member for Masters, I will continue to support the social committee. I will see to it that decisions regarding pool and locker room maintenance, pool hours and membership dues are made in a timely fashion, so that your swimming experience continues to be enjoyable.

DOUG FREDERICK

I am a native Berkeleyan who moved to Davis in 1963 to attend UCD. In 1968 I managed to convince the Coast Guard to give me room and board until returning to Davis in 1972. Currently I live in Davis and work in Sacramento as a civil engineer. I am president of a fraternity alumni group and also advisor to a local fraternity.

I have been a member of DAM since 1975 and have been involved with a variety of projects including construction of the old Emerson Patio Cover and layout of the Berryessa swim course.

Over the years I have found that swimming has become an increasingly important part of my life. When initially approached as a potential candidate for the board, I declined. Then as I thought about what Masters has done for me, I felt as so many of us do, that I was leaving a debt unpaid.

I believe that my varied experiences as a Coast Guard officer, fraternity advisor, civil engineer and DAM swimmer will benefit the Board if I am elected.

ELECTIONS ELECTIONS ELECTIONS ELECTIONS