

Davis Aquatic Masters

NEWSLETTER

Box 921 Davis, California

CALENDAR OF EVENTS

NOVEMBER 1984

Thursday,	Nov 22	THANKSGIVING DAY - (No regular workouts) Lap swim only 11 am - 1 pm)
Tuesday,	Nov 27	EVENTS COMMITTEE MEETING - 7:30 pm *
Wednesday,	Nov 28	FITNESS DIET WORKSHOP - 8:15 pm * Civic Center Gym
Thursday,	Nov 29	SOCIAL COMMITTEE MEETING - 7:30 pm * 1228 Colby
Saturday,	Dec 8	DAM HOLIDAY PARTY - 7 pm * Goodpaster's - Montgomery Lane
Monday	Dec 10	REENROLLMENT FOR WINTER QUARTER
through		
Friday	Dec 28	
Thursday,	Dec 13	BOARD OF DIRECTORS MEETING
Monday,	Dec 24	CHRISTMAS EVE - (no evening workouts)
Tuesday,	Dec 25	NO WORKOUTS OR LAP SWIM

SCHEDULE FOR CHRISTMAS/NEW YEARS HOLIDAY WEEK

December 26-28	Two morning workouts	6 am, 7 am
	Three noon workouts	10 am **, 11 am, 12 pm
	One evening workout	6 pm
	** Seniors and rookies only	

Monday,	Dec 31	NEW YEAR'S EVE - one evening workout 6 PM ONLY
Tuesday,	Jan 1	NO REGULAR WORKOUTS Lap swim only
Monday,	Jan 7	WINTER QUARTER BEGINS
		* - see related article inside



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
5:00 pm	Civic Center
6:00 pm	Civic Center
7:00 pm	Civic Center
8:00 pm	Civic Center

* Seniors only

NEW SOCIAL COMMITTEE CHAIR

The Social Committee would like to welcome Brett Stone as the new committee co-chair, replacing Ed Branam. Marie Paquette will continue as co-chair. If you have an idea for or a question about a social event, let one of the committee members know... or better yet, join the committee!

Present members include John Bracchi, Milt Blackman, Bruce and On Braly, Ed Branam, Anne Garson, Jeannie Herring, Mary Horton, Andy Kuniyuki, Francesca Miller, Marie Paquette, Vince Pedroia, Joyce Kroblett and Janice Tacconi.

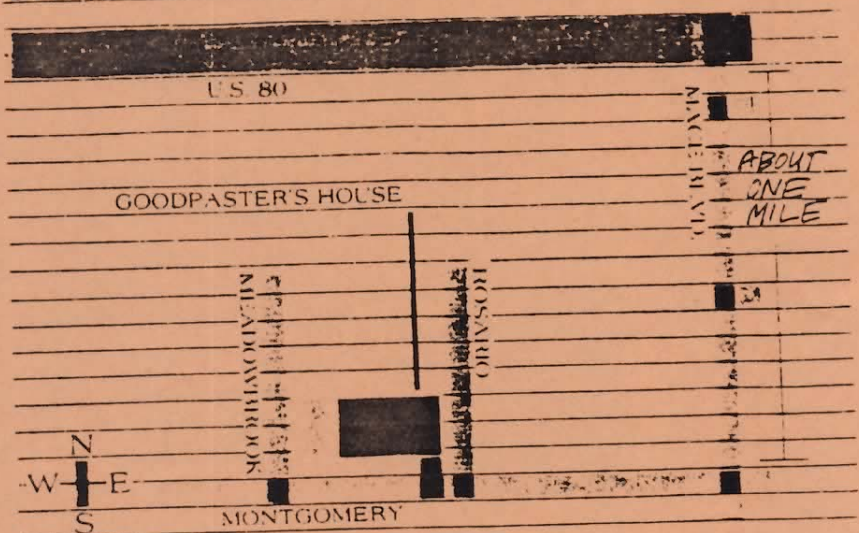
(ed note: See MEETINGS column for information on the next Social Committee Meeting)

HOLIDAY PARTY

If you missed last year's party, here's a second chance to celebrate the holidays with Masters! Gary Goodpaster is again generously donating his home for the evening (see map). Festivities begin at 7 pm on Saturday, December 8. Bring a favorite hors d'oeuvre, record, dancing shoes and caroling voice. Seasonal beverages will be provided.

U.S. 80 EAST TO MAIZE
MAIZE BLVD. SOUTH ABOUT
1 MILE TO MONTGOMERY
RIGHT ON MONTGOMERY
ABOUT 1/2 MILE TO
MEADOWBROOK.
PARK ON MEADOWBROOK
HOUSE IS JUST EAST OF
OPEN 1/2 ACRE LOT

DAVIS



MEETINGS

EVENTS COMMITTEE

The Events Committee will meet on Tuesday, November 27 at 7:30 pm. Location is at 3307 Canoe Place. Listen to the announcements for further details.

SOCIAL COMMITTEE

Come join us for our next meeting at Janice Tacconi's house, 1228 Colby (located at Colby and Syncamore, south side of the street, across from West Davis Elementary) on Thursday November 29 at 7:30 pm. The Holiday Party and Annual Chocolate Tasting plans are at the top of this month's agenda. Everyone welcome!

EVENTS

ANNUAL MEETING

An enjoyable meeting was had by all who attended this year's Annual Meeting. A bountiful potluck, carved pumpkin contest and an abundance of door prizes kept everyone occupied. Coach Linda presented the slide show that she has developed as a presentation tool for the D.A.M. swimming program. Well done, Linda! Door prizes were generously donated by **The Good Earth Restaurant, Head Over Heels, Campus Foodservice, University Haircutters, Famous Amos Cookies, Laura Todd's Cookies, Chez Nous, Fleet Feet, Honey Treat and La Boulangerie.**

The Best Carved Pumpkin Contest was won by the Farleys for their carved whale (from a squash) - quite original! Second and third prizes were given to Andy Kuniyuki and Pam Snorkness - have you ever seen a pumpkin wearing a cap and goggles?

Members of the Year awards were given for the first time by the board from nominations by members. Three members were selected for their contributions during the past year: John Bracchi, Carol Lane and Margaret Turano. John in addition to being on the board for the past three years directed the Triathlon. Carol Lane stepped to run the most recent Triathlon and has been in charge of the results for both the Triathlon and Berryessa Swims in over the past few years. Margaret was director of this year's Berryessa Swim and has secured National Championship status for the 1985 swim. All three have volunteered countless hours for these and other club activities. They represent the many volunteers who make our club not only the largest but the best in Masters swimming.

Three new members to the board of directors were elected at the annual meeting: Bruce Braly, Marie Paquette and Vince Pedroia. They replace outgoing members John Bracchi, Judy Clark and Michael McKinlay who received recognition for their contributions to the club.

Special thanks to Andy Kuniyuki, Diane and Ed Branam, Bruce and On Braley, Jeannie Herring, Pam Snorknes, Carol Lane, Sue Milburn and all others who assisted in setup, voting arrangements and clean-up.

COACH'S CORNER

GOT A GOAL TIME?

..... KNOW YOUR RACE PACE!

For the growing number of meet swimmers among us, mid-season training brings on increased pace and sprint training. If you have favorite events and goal times for them, write them down with your name and submit them to your coach. You'll receive a card which will list the split times for sprints or pace swims which you should try to hit in workouts in order that you achieve your goal times.

(ed. note: Coach Ross has prepared at Short Course Season Outline for tips on mid-season training. Copies are posted at the pool - or ask your coach.)

SWIMMER'S DIGEST

FITNESS DIET WORKSHOP

WHEN: Wednesday, November 28 8:15 pm
WHERE: Civic Center Gym
WHO: Kay Shaff, R.D. (8 am workout)
WHY: Answer questions about food and fitness.
Example: Should I eat a Pritikin diet?
Why am I not losing weight since I am swimming?
How can I eat well eating out?
To assess interest in forming a 4-session class.

=====

Write down a sample meal or a one-day intake or a question you'd like addressed, and turn it in to the poolside (Civic Center) by Friday night November 23.

WANTED ... A FEW GOOD WRITERS

Needed immediately, members who would be willing to interview a fellow member of the club for the Swimmer of the Month column. Interviewees are picked by the editor from each workout in rotation. This need not be a long term committment. If you are willing to do a single interview, I will happily accept the fruits of your labors. These articles range from 1/2 to a full page and are geared toward knowing more about the people we swim with - what do they do when not swimming, why do they swim, what does D.A.M. do for them? If you could spend an hour or two during the next month to do an interview for our next newsletter, please give me a call - Diana Barnes 753-1688. If no one answers, please leave a message.



OPEN HOUSE

Milt Blackman, local optometrist and long-time D.A.M. swimmer (12:00 noon workout) would like to invite his fellow swimmers to help him celebrate the completion of his new office at 231 "C" Street. The date will be Friday, November 16 from 5 to 8 pm. Hors d'oeuvres and libations will be freely provided along with some really classy entertainment.

BOARD NOTES

CHANGING OF THE GUARD

At the November 8 meeting of the Board of Directors new officers were elected. Robert (Bob) Rucker was chosen to be president and Vince Pedroia, vice-president. Sue Milburn will continue in her position as City Liaison. She has responsibility for handling our communication with the City offices: scheduling with other clubs and presenting our many concerns to the city staff. New board member, Marie Paquette, will continue to co-chair the Social Committee. This year her partner will be Brett Stone. Bruce Braly will continue as Events Director.

After turning over the reins to Bob Rucker I continued to reflect on my last three years on the board and the one year as president.

I had several goals. One of them was to get through an entire board meeting in less than an hour. This never happened. At times I thought this was due to my failure to move the meetings along at their "proper" speed. Perhaps this was part of it. But I realized that the monthly board meetings were the one forum in the club where not only the board heard its own concerns but those from the members through the workouts and the coaching staff. All of these concerns are important to the vitality of the club. It would have been difficult, if not impossible, to prevent all from being heard.

There are two thoughts that I would like to share with you from the many things I have learned serving on the board.

The first is that although it seems that each of us has many conflicting goals, when we stop to think about our conflicts there is really only about 10% disagreement.

Let us focus on the 90% about which we agree. The analogy that comes to mind is that of the freedom one has in lap swims such as those at Hickey pool. One's personal goals continually conflict with others in the lane. In Masters, we "loose" our freedom by having structured workouts, but we find it much easier and more challenging. We are more likely to achieve our goals --- which are not so very different from that of our lane mates.

A second thought is that on the importance of volunteering. The board has initiated official recognition for those who have contributed to the success of our program. This is good. But let us not forget that we volunteer for many reasons. For me volunteering was not just work, but a social occasion. I enjoy working with others for mutual goals. I learn much about my own strengths and weaknesses. These are can be rewards in themselves. I hope that many other members will have the opportunity to help the club.

Thank you for letting me serve you.

--- Micheal McKinlay

SHOULDER PAIN

by

Don Veress, Assistant Coach

Bicipital Tendonitis is a common swimming injury and is most likely to be evident when doing freestyle, butterfly or backstroke. (Breast stroke is more likely to injure the triceps). However, there are numerous other causes of pain in the shoulder; thus it is important to identify whether a particular problem is the beginning of a potentially serious injury, such as tendonitis, or just normal muscular aches and pains.

At the American Swimming Coaches Association Clinic in Chicago, Dr. Theodore Becker, head trainer for the United States Olympic Swimming Team, presented a workshop in diagnosis of shoulder pain. Because the shoulder is very complex in terms of the range of motion and the number of different muscles involved in performing its functions, identification of exact sources of problems is difficult. However, there are a few simple tests one can do as an informal evaluation.

First, check for point tenderness in the shoulder. Rotate the arm outward from the body to expose the groove where the bicep tendon passes over the shoulder. In an advanced case of tendonitis, the tendon will be very tender to the touch; in a mild case, one will have to press hard to elicit pain.

Second, make some observations on the position and movement of the shoulder. Looking face-on to the subject check for symmetry in the shoulders. Normally, both shoulders will be at the same height. To check movement, lift both arms from the side in a chicken-wing position. It is a good sign if both shoulders stay even. If this does not occur, lift arms singly. Shrugging movement reflects shoulder trouble. (In most people, a dimple will appear in a good shoulder as the arms are lifted in the chicken-wing fashion.)

Finally, there are a series of tests that can be performed to help pinpoint the source of pain:

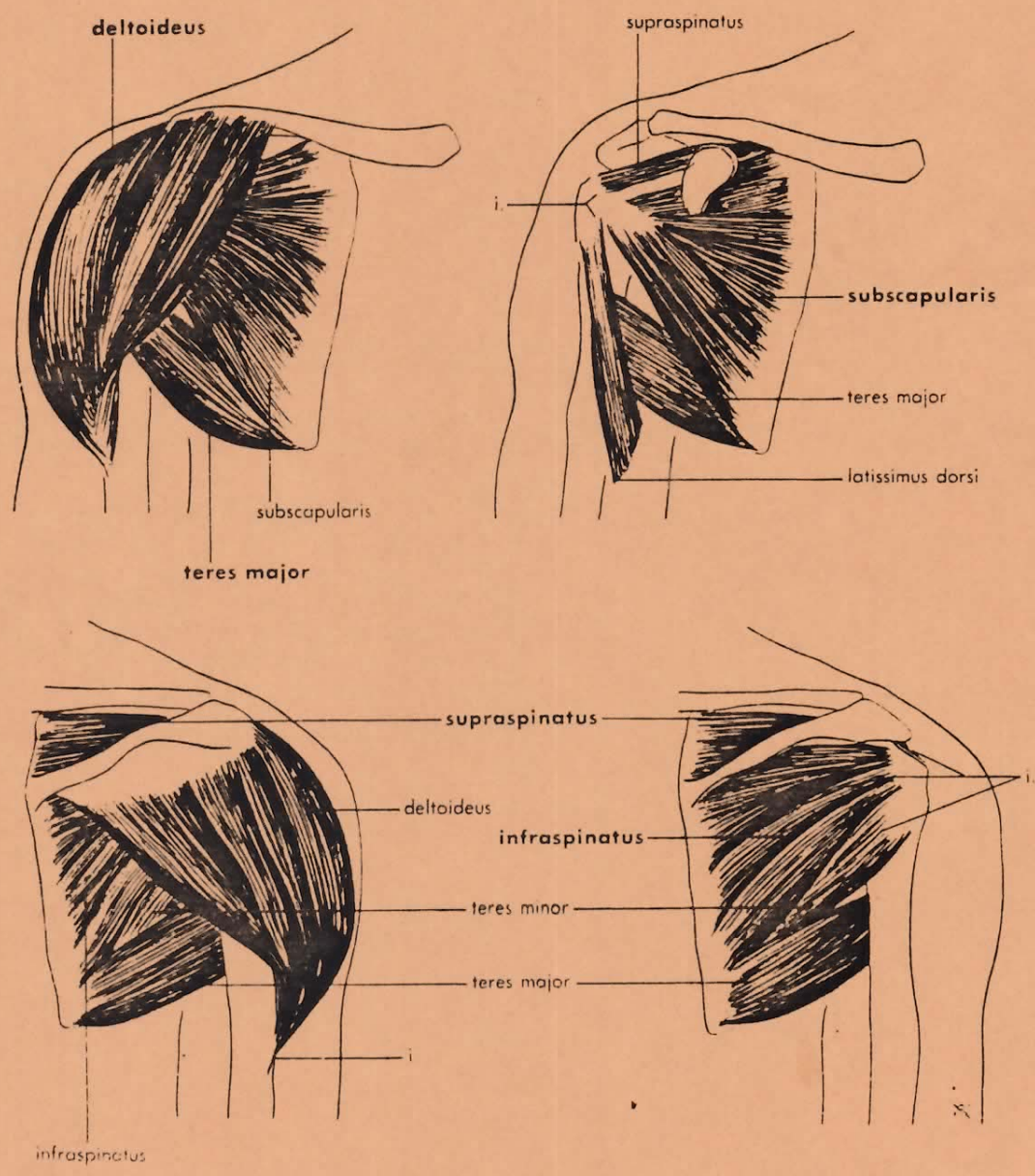
1. To reproduce a pop or snap in the shoulder that is felt while doing free, fly or backstroke; with a 90° bend in the elbow, hand out to the front, have an assistant resist movement downward or inward. (Popping or snap is the movement of the bicep tendon in the shoulder groove.)
2. Starting with the arm straight down to the side, rotate the arm out against resistance. Pain will indicate a possible problem with the supraspinatus, subscapularis or teres major.
3. To check the deltoid muscle, start with the arm straight out to the side. Lift the arm against resistance. It is also useful to do a bilateral comparison of the deltoid. Chicken-wing both arms and lift elbows against resistance. Check of symmetry of effort.

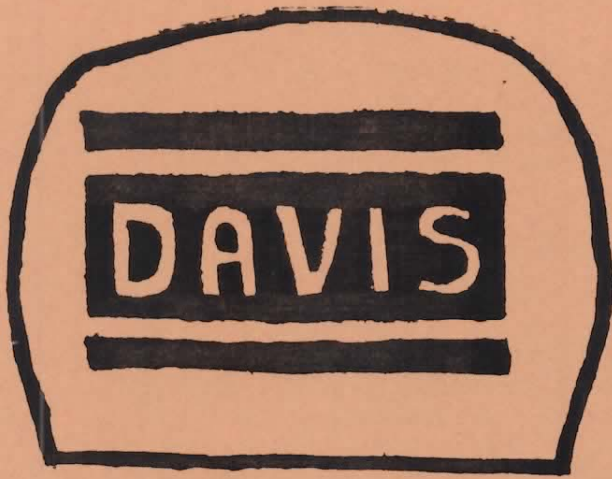
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4. The Jorgensen test is to isolate pain in the bicep tendon. Start with the upper arm held tightly to the side of the torso, forearm and hand out horizontally to the side. Rotate the forearm forward against resistance. This test is particularly important for individuals experiencing a snap in the shoulder.

5. Resisting supination (motion of the 'curl' in weightlifting) is a good way to identify early stages of bicipital tendonitis.

While these tests are quite simple, they may seem confusing, particularly to those who are not well studied in anatomy. If you are experiencing shoulder pain, consult your coach. Of course, identification of a pain source doesn't cure it and, unfortunately, there are no simple solutions to many shoulder problems. Resting the joint and iceing after workout are the two most important successful treatments, especially for minor complaints. For more serious problems, the Club hopes to soon have a list of medical specialists to whom our swimmers can turn.





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.

DAVIS AQUATIC MASTERS
Davis, California

President, Bob Rucker
Vice-President, Vince Pedroia

Board Members:
Bruce Braly
Ed Branam
Jack Horton
Susan Milburn
Marie Paquette

Treasurer, Barb Paulson

Head Coach, Ross Yancher

For information call
756-4234

The Newsletter is published monthly
on the Tuesday following the Board
of Directors meeting. Announce-
ments and other items of interest
must be submitted no later than
6:30 pm on the Friday after the
Board meeting. Items can be sub-
mitted to Diana Barnes (753-1688),
Ross Yancher (753-6920) or given to
your coach.