

Davis Aquatic Masters

NEWSLETTER

Box 921 Davis, California

CALENDAR OF EVENTS -----

MARCH 1985

Monday	Mar 12	REENROLLMENT FOR SPRING QUARTER
through		
Friday	Mar 22	
Wednesday	Mar 13	SOCIAL COMMITTEE MEETING - 7:30 pm * 2675 Blackburn
Saturday	Mar 16	EVENTS COMMITTEE MEETING - 10:30 am 1305 Cypress (Potluck breakfast)
Wednesday	Mar 20	LECTURE: Nutrition and Athletic Performance by Liz Appelgate - Civic Center Gym - 8 pm
Friday	Mar 22	ENTRIES DUE FOR PM SHORT COURSE CHAMPIONSHIPS
Sunday	Mar 31	DAM CHILDREN'S EASTER EGG HUNT - *
Monday	Apr 1	FIRST DAY OF SPRING QUARTER (1000 Fly for time/Main set)
Tuesday	Apr 2	BOARD OF DIRECTORS MEETING - 7:30 pm 432 Del Oro
Saturday	Apr 6	
Saturday	Apr 13	PM SHORT COURSE CHAMPIONSHIPS *
Sunday	Apr 14	Novato
Saturday	Apr 27	WESTERN SQUARE DANCE AND BBQ - *
Sunday	May 5	GALA CINCO DE MAYO INTRASQUAD MEET and MEXICAN FESTIVAL POTLUCK Arriba! Arriba! Arriba!

* - 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.

MEETINGS -----

SOCIAL COMMITTEE

Everyone is welcome to attend the next meeting at Marie Paquette's home, 2675 Blackburn Dr. (off Tulip in east Davis), on Wednesday, April 10 at 7:30 pm. Plans for the Square Dance and Berryessa Swim to be discussed.

NOTES FROM BARB =====

CORRECT PROCEDURE FOR FILLING OUT A REENROLLMENT FORM

Many swimmers apparently feel that a reenrollment form can be filled out without much thought. That is far from the truth!

Obviously, first your **name** must be where it should be. Wrong names have been attributed to people because their writing was not clear (fancy writing is not necessarily clear writing). Sometimes I can catch it when a person neglects to put their last name first, but not always.

The **workout choices** you list are very important. You will be assigned to the first workout which has room for you when your priority number is reached. If you can't get into your first choice and have listed a second or third choice which you really can't attend very often, you may have problems swimming at the time you want to. Your priority for getting into the pool is lower for any but your assigned workout. Three choices are allowed but you don't have to put down three choices if there is really only one or two times when you can swim.

Emergency information should be self-explanatory. If you need it, you will appreciate the extra time it took to fill it out carefully. Here again, legibility can be a problem. Many people only give partial information. If your emergency contact person is out of town, a street address is useless without the town; a phone number with a different area code likewise is useless without that area code. At present, unless information changes, you will be requested to fill out this information only once a year in the fall. So please do it carefully.

Information placed under **Instructions** should be read each quarter. It is assumed that you know what is there when you reenroll.

BUT I DIDN'T THINK I HAD TO FILL OUT A REENROLLMENT FORM

- You need to fill out a form even if you have been swimming at the same time for the last 25 years.
- You need to fill out a form even if you are paid ahead on your dues by 6 years.
- You need to fill out a form even if you are a new member and just filled out an enrollment form a month or two ago.
- You need to fill out a form even if you swim with the Treasurer every day and can tell her what your choices are.
- You need to fill out a form even if you are president (or treasurer, secretary, committee chairperson, board member, etc.) of the club.

However...

- You do not need to fill out a form if you are dropping out of the club.
- You do not need to fill out a form if you are currently on leave and your leave extends into the following quarter.
- You do not need to fill out a form if you are a new member whose enrollment form was received in the third month of the present quarter (i.e. March for reenrollment for Spring Quarter).

EVENTS

ANNUAL BEER TASTING

Spaten Club Weisse, Adelscot, Aass Bok ... sound familiar?? These were just a few of the exotic beers from around the world that were samped by Club members at the recent tasting. Mansion Cellars generously offered \$.50 of their list prices and 10% off the total cost of all the beers. Tommy Cole, recreational consultant for Entertainment and Cuisine (329 D Street, 753-4279), provided entertainment through a three character comical sketch revolving around beer drinking.

Seven out of ten participants in the blind taste test using Michelob Lite, Budweiser and Michelob, were correct. They had to distinguish from one of three possibilities: 1) all three were the same; 2) one was different and it had to be properly selected; or 3) all three were different. A 70% correct response is D.A.M. good ... can it be topped next year?? These participants volunteered! There were also plenty of volunteers for the chug contest which was conducted as a relay.

Andy Kuniyuki did a superb job in organizing the overall event. He even had a table size and individual menus of the beer list printed for everyone. Carol Lane, Geoff Stein, Janice Tacconi, Mark Woerner and Anietta Yamaguchi also assisted in making the event a success.

EASTER EGG HUNT

All children 10 and under are invited to D.A.M.'s Easter Egg Hunt on Sunday, March 31, 1 pm at Chestnut Park (the weekend before Easter). Kids should bring their favorite basket or sack. Refreshments provided.

If you have some free time and enjoy decorating hardboiled eggs, organizers of the hunt would appreciate donations of 1 or 2 dozen eggs. Deliver them to Chestnut Park at 12:30 on March 31 or drop them by Marie Paquette's house at 2675 Blackburn Dr. on Saturday, March 30.



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

BERRYESSA SWIM

HELP KEEP DUES LOW---SUPPORT

DAM FUNDRAISING EVENTS!!

What: 4th Annual 2 Mile Swim in.

Lake Berryessa!

Where: Acorn Beach, Oak Shores Park

When: Sunday, June 2, 1985 9:30 AM

How: Volunteers, there is a job to suit everyone.

Why: Fundraiser for your club.

So: Sign up to help. Friends and Spouses welcome!

parking monitor/traffic monitor _____
race day registration _____
assisting swimmers from the water _____
monitoring the finish _____
tabulation of results _____
construction of coarse buoys _____
survey and establish swim coarse _____
set up coarse on race day _____
set up finish chute and banner _____
set up/ take down tables _____
publicity/ promotion _____
design and make posters _____
announcer _____
referree _____
hypothermia crew _____
beer monitors _____
mug distribution to participants _____
lemonade monitor _____
loan of a wool blanket _____
loan of a 5 gal thermos _____
lifeguard _____
boat captain _____
boat assistant _____
I have a boat _____
I have a surfboard, a canoe, etc. _____
I have a truck/van _____
I have a CB radio/walkie talkie _____
I will take 35mm pictures of the event _____

Name _____
Phone Number _____
Workout _____
Comments _____

RETURN THIS TO ENVELOPE AT POOL!!!

PARKING AT CIVIC CENTER POOL

As a result of ongoing parking problems at the Civic Center parking lot, City management has implemented new policies to deal with the situation.

Visitors to the Civic Center area (D.A.M. included) are asked to park only in the slots designated "Visitor" in the Civic Center parking lot. If the lot is full, we are asked to park on the street or in the School District lot across the street. "Visitors" who park in "Assigned" or "Employee" parking spaces will be ticketed and/or towed away.

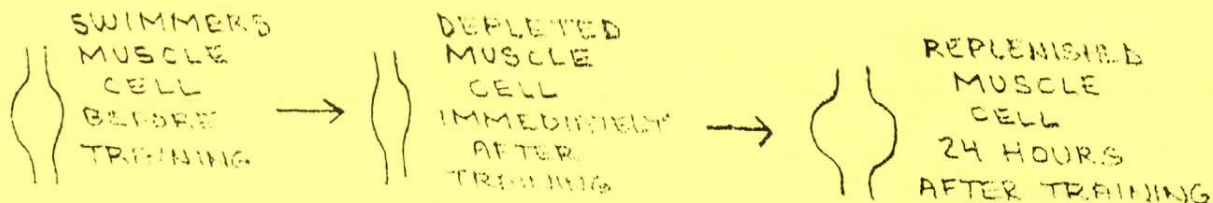
The lot will be patrolled twice daily. These new policies are in effect immediately, Monday through Friday, 7:30 am to 5:30 pm. Please cooperate and save yourself \$10 by parking as indicated above.

ADVERTISING SIGNS AT CIVIC CENTER POOL

The Aquatic Council, composed of the Aquadarts, Davis High School and D.A.M., is currently working on building billboards and finding businesses interested in renting advertising space at Civic Center Pool. Anyone interested in helping build the signs or help contact local businesses is invited to attend an organizational meeting at Sue Milburn's, 581 E. 9th Street, #23 on Wednesday, March 13 at 7:30 pm.

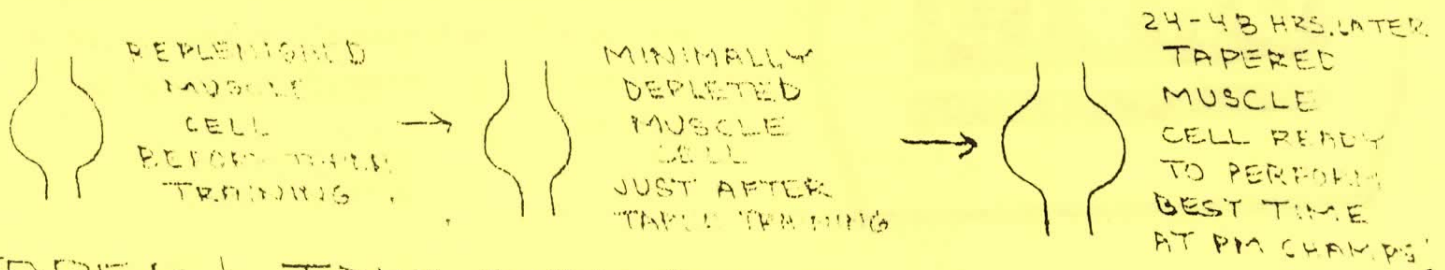
It is hoped that the revenue from the billboards will cover many of the costs of buying and maintaining swim and pool equipment for the three pools in town. If this campaign is successful it should help keep the costs of running our club down and thus keep dues at their current level.

COACH'S CORNER



ADAPTATION TO STRESS - MID-SEASON

EACH TIME CELL EMPYRIED DUE TO WORKOUT, IT REPLENISHES A BIT LARGER



TAPER! TAKE AWAY DEPLETING STRESS-LIGHT WORKOUTS - CELLS REPLENISHING TO PEAK!

FREE LECTURE:

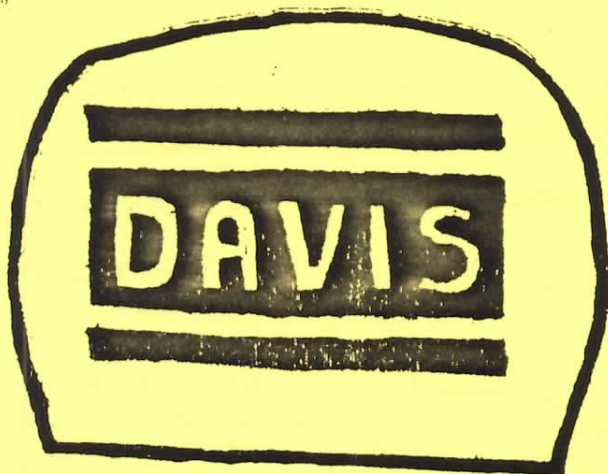
NUTRITION AND ATHLETIC PERFORMANCE

by Liz Applegate

Wednesday March 20 - 8 pm

Civic Center Gym

Lecture and discussion on appropriate training diet for the serious and casual swimmer - including meal planning - current nutrition health issues - explanation of computer diet analyses (available for those interested).



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
521 FIRST ST.
Davis, 95616

GET THEM NOW FOR THE SPRING
SWIM COMPETITIONS!

DEADLINE TO ORDER IS MARCH 20th!!!!
Caps will be here in early APRIL.

THIS IS OUR BIG SHORT COURSE TAPER!



PACIFIC MASTERS SWIMMING SHORT COURSE CHAMPIONSHIPS

Sponsored by TAMALPAIS AQUATIC MASTERS

APRIL 6, 13-14, 1985

TAM

Held under sanction of USMS & Pacific Masters Swim Committee, # 5-85-004

- LOCATION:** Indian Valley Colleges, located at the end of Ignacio Blvd., Novato, CA. Easily accessible from Hwy. 101. From either direction, take Ignacio Blvd. Exit and follow Ignacio Blvd. and signs to the college, approximately 2½ miles. Park in last lot near Physical Education facilities.
- POOL:** Exceptionally fast 25 yard x 50 meter outdoor heated pool with 19 short course lanes and non-turbulent lane lines. Two courses will be used for this meet: a six-lane course in the shallow end and a six-lane course in the deep end. Minimum depth in the shallow end is 4 feet. Men and women will alternate courses each day of the 13th and 14th. All 1650's and 1000's will be swum in one course in the deep end. Five warmup lanes will be available during the meet. There is little shade, so come prepared!
- TIME:** The meet Saturday April 6th will start at 11:00 a.m. The meet Saturday and Sunday, April 13 & 14 will start at 9 a.m.
- WARMUPS:** Warmups will start at 10:30 a.m. on the 6th, and at 7:45 a.m. on the 13-14th. The racing courses will be cleared at 8:45 a.m. on the 13-14th. No hand paddles will be allowed during warmups at any time. At 8:15 a.m. on the 13-14th, two lanes on each course will be designated as sprint lanes.
- RULES:** 1985 USMS & PMS Rules will govern the meet. PLEASE NOTE NEW FALSE START RULE: NO FALSE STARTS WILL BE ALLOWED. One false start, as judged by the Referee, will disqualify a swimmer for that event. Swimmers may enter seven (7) events, excluding relays. Current PMS Registration Cards are required. Bring your current Registration Card with you to this meet. You may be required to present it upon checking in. If you do not have a card at the time of entering this meet, fill out attached entry form and return it completely filled out and accompanied by a check for \$10 payable to PMS. Include this form and check with your meet fees and mail it to the Meet Director. NO ONE WILL BE ALLOWED TO SWIM WITHOUT PROOF OF 1985 REGISTRATION. ALL EVENTS will be swum by time from slow to fast.
- CHECK-IN:** This meet will be deck seeded. All swimmers in events 1,2,3, and 4, the 1000 and 1650 yard freestyle events, must check in at least 45 minutes prior to the anticipated start of your heat. You may find out your scheduled time by calling the Meet Director Wednesday April 3 or Thursday April 4, between 10 a.m. and 4 p.m. Swimmers in events Saturday and Sunday, April 13 & 14 must check in by 8:30 a.m. for Events 4,5,6, & 7 and 25, 26, 27, & 28 those days. All others should check in by 10 a.m. You will be expected to swim all events entered unless you have scratched. Please report all scratches to the Clerk of Course as soon as possible.
- AGE GROUPS:** Age groups will be run in five-year increments: 19-24, 25-29, 30-34, etc. Relays will be swum as 19 & over, 25 & over, 35 & over, 45 & over, 55 & over, 65 & over, 75 & over. A competitor may swim in only 1 relay in each relay event. A competitor's age is determined by his age the last day of the meet.
- SNACK BAR:** A snack bar will be available throughout the meet.
- CONCESSIONS:** Suppliers of swim suits, T-shirts, watches, books, and swimming supplies will be on hand during the meet to fill your needs.

PROGRAM: A program will be available at a nominal cost which will include the competitors in each event, teams, National & Pacific recors, and a 1985 PMS Events Schedule.

AWARDS: Ribbons will be given for 1st through 6th place in each event. A PMS Championship meet pin will be awarded once to each 1st place winner. Team points will be scored for 1st through 6th finishes as follows: Individual - 7, 5, 4, 3, 2, 1; Relays - 14, 10, 8, 6, 4, 2. Trophies will be awarded to the 6 teams scoring the most points over the 3-day meet. Individual high point awards will be given to the male and female in each age group scoring the most individual points over the 3-day meet.

ENTRY FORMS AVAILABLE AT POOL! DAM
WILL PAY YOUR FEES IF ENTRIES ARE
TURNED INTO THE COACHES BY MAR. 22

GO FOR IT!

RV'S/MOTELS: RV parking will be available at San Jose Junior High School, just outside the gates of Indian Valley Colleges. Motels near the meet facility include The Alvarado Inn, Ignacio (415) 883-5952, and the Skylark Motel, 5613 Redwood Highway, Novato (415) 883-2406. It is recommended that you make reservations early at these motels. Others in Marin include: Clarion Hotel, Terra Linda (415) 479-8800; Best Western Corte Madera Inn, (415) 924-1502; Travelodge, Mill Valley (415) 383-0340, Novato Motel (415) 897-7111; Villa Inn, San Rafael (415) 456-4975.

MEET DIRECTOR: Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947 (415) 892-0771 between 10 a.m. and 5 p.m. please.

EVENTS

Odd numbered events are for women; even numbered events are for men.

Saturday, April 6: 1 - 2 1000 yard freestyle, 3 - 4 1650 yard freestyle.

Saturday, April 13

5-6 200 yd. I.M.
7-8 100 yd. Backstroke
9-10 50 yd. Breaststroke
11-12 100 yd. Freestyle
13-14 200 yd. MEDLEY RELAY
15-16 100 yd. Breaststroke
17-18 200 yd. Backstroke
19-20 100 yd. Butterfly
21-22 200 yd. MIXED FREESTYLE RELAY
23-24 500 yd. Freestyle

Sunday, April 14

25-26 200 yd. Freestyle
27-28 200 yd. Butterfly
29-30 50 yd. Freestyle
31-32 100 yd. I.M.
33-34 200 yd. Breaststroke
35-36 200 yd. FREESTYLE RELAY
37-38 50 yd. Backstroke
39-40 400 yd. I.M.
41-42 50 yd. Butterfly
43-44 200 yd. MIXED MEDLEY RELAY
*45 FUN RELAY

*T-shirt relay, winners to receive meet T-shirts, details to be announced at meet.

Referee/Starter: John Ferris, Carney Campion, Bill Cope



Country Swing and Dinner Dance

YEE-HA



April 27, 1985

**Barbecued Ribs and Chicken
or
Cheese Enchiladas**



**Country Garden, Potato and Citrus Salads
Marinated Carrots Baked Beans Sweet Corn
Golden Corn Bread and Butter
Fresh Fruit Extravaganza
Coffee Ice Tea and Lemonade
No Host Wine and Beer**

Come kick up your heels with Davis Aquatic Masters at the Dinner Dance being held, Saturday, April 27, 7 - 11 pm at the Silo on campus.

The price is \$12.50 per adult. Checks should be made payable to Davis Aquatic Masters and mailed to Marie Paquette at 2675 Blackburn Dr., Davis, CA 95616.

No alcoholic beverage sales are allowed at the event, so if you are interested in drinking wine and/or beer, we ask that you include an additional \$2.00/person on your check. Nonalcoholic beverages are included in the dinner price.

There will be a beer and wine social from 7 - 7:30 pm. At 7:30, dinner will begin.

Charles Bridges will be our featured caller who will play from a wide repertoire of country square dance and swing music. Dinner music will be played from 7:30 - 8:30 pm, followed by dancing from 8:30 - 11 pm. Whether you're a beginning or advanced square dancer, there's no need to worry because Charles will be tailoring the dances to satisfy everyone's abilities. Group square dancing will be intermixed with couples country swing.

No reservations will be taken after Saturday, April 12, so please make your plans early. Your reservation will be confirmed by a telephone call and your name will be on a guest list, the evening of the dinner dance.

Call Marie Paquette at 758-9757 or Brett Stone at 753-7442 in the evenings, if you have questions.

Hope you will join us!!!

Please return this portion with check for \$12.50/person (includes tax)

1. Choice of entree. Indicate one for each person.

Cheese Enchiladas (vegetarian option) _____

BBQ Chicken and Ribs _____

2. I have enclosed an additional \$2.00/person for beer and/or wine.

(Check one)

Yes _____

No _____

3. Name: _____

Address: _____

Phone: _____

Names of all persons in your party: _____

YEE-HA

