

# Davis Aquatic Masters

# NEWSLETTER

Box 921 Davis, California

## CALENDAR OF EVENTS

April 1985

Wednesday	Apr 10	SOCIAL COMMITTEE MEETING *
		7:30 pm - 2675 Blackburn
Friday	Apr 12	DEADLINE FOR DINNER/DANCE RESERVATIONS*
Saturday	Apr 13	PM SHORT COURSE CHAMPIONSHIPS
Sunday	Apr 14	Novato - NO INTENSIVE WORKOUT on Saturday
Sunday	Apr 21	EVENTS COMMITTEE MEETING - 10:30 am
		3307 Canoe Place
Saturday	Apr 27	SPRING DINNER/DANCE *
		UCD Silo
Sunday	May 5	CINCO DE MAYO INTRASQUAD MEET *
		and MEXICAN POTLUCK - Civic Center Pool
Tuesday	May 7	BOARD OF DIRECTOR'S MEETING
		7:30 pm - 521 First Street
Sunday	Jun 2	LAKE BERRYESSA 2-MILE OPEN WATER SWIM

\* - see related article inside

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\*\*\* NOTE : On four dates in April, the Community 5:30 pm workout may have to begin late due to high school swim meets. We will run a full hour workout from the point at which we're allowed in.  
--- Coach Ross

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## WORKOUT SCHEDULE

### COUNTRY SWING AND DINNER DANCE

Come kick up your heels with D.A.M. 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 Master and mailed to Marie Paquette at 2675 Blackburn Dr., Davis, CA 95616 by Friday, April 12. Additional details on poster at pool or last months newsletter. Use registration form on last page of this newsletter.

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
2:00 pm	Civic Center
5:30 pm	Community Pool
6:00 pm	Civic Center
7:00 pm	Civic Center
8:00 pm	Civic Center

\* Seniors only

Lap Swim 11-1, 5-6 Sat/Sun only  
Intensive Workout 8:30 am Sat only



## EVENTS

### EASTER EGG HUNT '85

A group of forty children, ranging in ages from two months to ten years, with their parents, gathered at Chestnut Park, Sunday, March 31. There was a sense of anticipation in the air as the children waited for the hunt to start and for a visit from the Easter Bunny. Finally ... they were off! Five minutes later, the Easter Bunny (Lynda Yancher) came "hopping" over a nearby hill. She greeted children with hand shakes and offered them chocolate eggs from her basket. Parents cameras clicked, catching their kids talking to the Bunny, pulling her tail or just staring in amazement at the biggest rabbit they had ever seen.

Thanks to generous swimmer donations, close to 20 dozen eggs were hidden for the children. Swimmers are quite creative when it comes to decorating eggs - some were striped, others speckled with every color of the rainbow.

The most eggs were found by three boys - Nate Chadwick, Raniel Diaz and Scott BonDurant. Each had his basket overflowing with 21 eggs!

After the hunt, everyone sat on the grass to enjoy picnics of hard-boiled eggs and baked goods, washed down with lemonade and apple juice. An abundance of cookies, brownies and cupcakes were also donated by swimmers.

Thanks to all who made this a successful event.

## RESULTS

### PM SHORT COURSE CHAMPIONSHIPS

First weekend

Congratulations to the following swimmers who had fine efforts in the 1000 or 1650 free on Saturday, April 6.

<u>Shelly Verrinder</u>	1000 - 12:13.5	19-24 Champ!
<u>Missy LeStrange</u>	1000 - 12:26.0	30-35 Champ!
<u>Mike Grace</u>	1000 - 11:02	
<u>Barb Klencke</u>	1000 - 12:48	
<u>Lynda Yancher</u>	1000 - 13:16	
<u>Geoff Stein</u>	1000 - 13:41	
<u>Rick Batha</u>	1000 - 13:44	
<u>Steve Carlson</u>	1000 - 15:03	
<u>Bob Fisk</u>	1000 - 16:28	
<u>Linda Buchannan</u>	1650 FR - 19:04.1	Pending 25-29 Champ!
<u>Sharon Blaha</u>	1650 FR - 19:54.2	
<u>Missy LeStrange</u>	1650 FR - 20:47.3	
<u>John Lubken</u>	1650 FR - 21:41.4	
<u>Becky Randolph</u>	1650 FR - 25:29.3	
<u>Molly Pro</u>	1650 FR - 26:52.1	
<u>Verne Scott</u>	1650 FR - 27:01.0	

Good luck to some 65 participants in the short and middle distance events April 13 and 14!!





### CINCO DE MAYO SHORT COURSE MEET AND MEXICAN POTLUCK PICNIC EXTRAVAGANZA

Sunday, May 5, the team will host an intrasquad meet and picnic at Civic Center Pool and City Park. The event will begin mid or late Sunday morning with an eight event meet (deck entries!!). All participants will receive a free commemorative swim cap (with the Cinco de Mayo logo) just for entering!

Events shall be :

- |                                                                  |                 |                               |
|------------------------------------------------------------------|-----------------|-------------------------------|
| #1 - 100 Fly                                                     | #5 - 100 Breast | #8 - Sombrero/Margarita Relay |
| #2 - 100 Back                                                    | #6 - 100 Free   |                               |
| #3 - 50 Free                                                     | #7 - 200 IM     |                               |
| #4 - 500 Free (qualifying time of 5:30 - one or two heats only!) |                 |                               |

After a 45 minute shower (and time to pick up your potluck item) post-meet, we'll have our Mexican potluck at City park complete with mariachi music. There will be fun and prizes for everyone! Join the fun! Go for it! Families welcome!



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The following Goals and Objectives statements have now been adopted for the club. As committees evolve to deal with selected objectives, the Board asks that when possible, you consider service to the Club. Our goals and objectives extend into a number of areas. There will always be something to do.

Goals and Objectives  
DAVIS AQUATIC MASTERS

The purposes for the following goals and objectives are:

1. to serve as benchmarks for future club development;
  2. to serve as guidelines for the assessment of club personnel;
  3. and to give guidance to governing committess and the elected board.
- These goals will be incorporated into the Policies and Procedures for the club and will be reviewed periodically (e.g., every two years).

I. MAINTAIN A PROGRAM WHOSE INDIVIDUAL FOCUS IS FITNESS AND BROADEN THE RESOURCES OF THE CLUB RELATED TO IMPROVING FITNESS.

Related Objectives:

1. Improve and upgrade weight room facility and related equipment.
2. Effect appropriate education and training of members with the goal of minimizing swimming related injury.
- 3.. Provide resources to allow continued education of coaching staff.

II. MAINTAIN AFFORDABILITY.

Related Objectives

1. Except for an unusual circumstance (e.g. markedly increased pool costs), every attempt will be made to maintain dues at their current schedule throughout this and the next fiscal year.
2. Gain sponsors for the club who are willing to contribute to the support of Civic Center Pool expansion or modification, or alternatively, to underwrite the costs of building a new facility.

III. EXPAND AND IMPROVE CLUB FACILITIES TO ACCOMODATE CONTINUED GROWTH OF THE CLUB

Related Objectives:

1. Support other swimming groups in Davis in order to facilitate further procurement of improved swimming facilities.
2. Acquire more control of the management of our swimming facility.
3. Improve our financial base for the potential lease of the Civic Center facility or for seed monites to plan a new facility. (The current targent is set at about \$40,000, e.g. the cost of one year's pool rental from the City of Davis).
4. Explore options, such as negotiation of a new contract with the school district for use of the "new" Emerson facility.
5. Improve the existing facility, e.g., decking, enclosure, etc.
6. Work towards improving our public image and broadening our base of political influence with the various City of Daivs governing bodies.



GOALS AND OBJECTIVES  
DAVIS AQUATIC MASTERS  
(continued)

IV. ENCOURAGE AND WORK TOWARDS IMPROVING PARTICIPATION BY MEMBERS IN CLUB ACTIVITIES AND EVENTS

V. IMPROVE THE COMPETITIVE SPIRIT OF THE CLUB

Related Objectives:

1. Encourage participation, team spirit and maximum effort in team-sponsored events and other USMS events.
2. Sponsor or co-sponsor a major competitive swimming event at least every two years.
3. Encourage a significant number of the membership to qualify as USMS judges, scorekeepers, etc.

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LAP SWIM REGIMENTATION

The life guards have stands with markers available for you to declare the speed of your lane at weekend lap swims. They will say advanced, experienced, intermediate and rookie as in regular workouts. Advanced swimmers should refrain from jumping in the rookie lane. Likewise, intermediates should not jump in the advanced lanes - you dig?

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SAG Support for the Davis Double Century. Need pickup trucks. May 19, 1985. Call Larry Burdick 753-7591

(note - this column is intended for swimmers who want to share activities with other swimmers. Contact Carol Tucker 753-6019)

MEETINGS =====

SOCIAL COMMITTEE

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

DAVIS AQUATIC MASTERS  
Davis, California

President, Bob Rucker  
Vice-President, Vince Pedrola

Board Members:

Bruce Braly  
Ed Branam  
Jack Horton  
Susan Milburn  
Marie Paquette

Treasurer, Barb Paulson  
Head Coach, Ross Yancher

For information call  
756-4234



## BOARD HIGHLIGHTS =====

### DAVIS AQUATIC COUNCIL MEETING

On April 3 (and again on the 11th), the Aquatics Council met to discuss the foreseeable scheduling problems. The Aquadarts and the high school swim team together now have well over 150 members with another 20 to 30 to be added. They need more pool time for the spring because of this unanticipated growth and this rapid recovery from the low membership of several years ago. At this point, various options are being discussed for accomodating both their and our needs with compromises by both groups.

With regard to Masters, although we hope not to have to move either current evening times or workouts, the next least disruptive option for the club would be to move the 6:00 pm workout to Manor Pool. However, again we hope that this will not be necessary.

Problems associated with spring scheduling were also discussed. The Aquadarts plus the Masters now have a combined membership of about 700. Because many of the Aqaudart workouts are for two or more hours, we (Aquadarts and Masters) will need over 20 hours of pool time per day. One problem is that the city is also heavily committed to recreational swimming at Manor, Community and "new Emerson Junior High". A polite note to Vicki Crescitelli, the swim activities coordinator at the Park and Recreational Office, stating your enthusiasm for the Masters Swim program could be very helpful to her when she makes our case for additional time at the other pools. Our joint concern (Aquadarts and Masters) is that currently a large committment has been made to recreational swimming without taking into account the needs of the organized "citizen" swim groups, who also make substantial contribution to pool costs. Basically, we are asking for time when most folks have supper, i.e., the 5-7 pm time block.

Finally, new lane lines have been purchased by the Council for Community Pool. The city, Aquadarts and Masters all contributed to the purchase (about \$1200).

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.



# **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**

