

Davis Aquatic

NEWSLETTER


Masters

MAY 1985

Calendar of Events



Friday May 17 Entry deadline - Lake Berryessa
Open-Water Swim



Sunday June 2 Lake Berryessa Two Mile Open-Water Swim

Thursday June 6 Board of Directors Mtg., 521 First St., 7:30 pm

Monday June 10

through

Friday June 21

 Reenrollment for Summer Quarter

Saturday June 29

through

Sunday June 30

Sierra Nevada Long Course Meet (* Team Sponsored)



Saturday July 20 Trans Tahoe Relays

Friday July 26

through

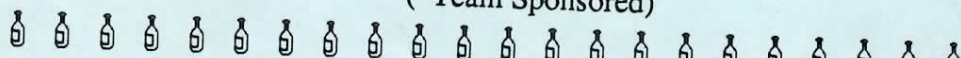
Sunday July 28

PMS Long Course Championships
Solano Community College, Fairfield
(* Team Sponsored - Everyone Should Enter!)



Saturday August 17 Donner Lake 2.7 Mile Open-Water Swim
(*Team Sponsored)

Saturday August 24 Whiskeytown Lake 2 Mile Open-Water Swim
(*Team Sponsored)


Sunday Sept. 22 Davis/Budlight Triathlon

Note These Schedule Changes In June!

Starting Thursday, June 13

-No 5:30 pm Community workout.

Starting Monday, June 17

-8:00 am workout moves to Manor pool.

-Seniors workout moves to 6:00 pm.

-2:00 pm workout ends - those assigned to it have #1 waiting list priority for the remainder of June.

-Tentatively two 6:00 pm workouts will be offered because the 5:30 pm Community workout may get bumped to 6:00 pm and the Emerson Junior High Facility may be used instead of 6:00 pm Manor pool.

No evening Community workout:

- Tuesday June 18

- Friday June 28

- Tuesday July 2



Current Workout Schedule (through June 16)

CC = Civic Center

CO = Community

MA = Manor

6:00 am - CC

1:00 pm - CC

7:00 am - CC

2:00 pm - CC

8:00 am - CC

5:30 pm - CO

10:00 am - CC (Seniors (55+) Only)

6:00 pm - MA

11:00 am - CC

7:00 pm - CC

Noon - CC

8:00 pm - CC

Lap Swim 11:00 - 1:00 and 5:00 - 6:00 Saturday and Sunday.

Intensive Workout 8:30 am Saturday.

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

or write Box 921, Davis, Ca.

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 Debbie Woodward (758-2832) or Ross Yancher (753-6920) or given to your coach.

"Winning Isn't Everything..."

PMS Long Course Championships July 26-28

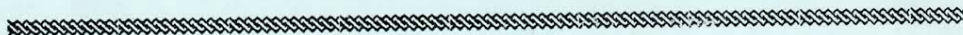
"...It's The Only Thing!" Vince Lombardi

Your coaches, board of directors and events committee believe Davis Aquatic Masters to be the best Masters team anywhere, and certainly in Northern California. We believe we have the best Masters organization, run the best Masters events and have the best group of Masters swimmers.

We hope you join us in wanting the Davis community and all Pacific Masters swimmers to know of our belief in the importance of Masters Swimming in our lives and the pride we have in our team, we feel the recognition we would receive as Pacific Masters Team Champion to be a worthwhile pursuit in this vein. And so we want all our swimmers to join us July 26, 27 and 28 at the regional long course championships.

Everyone can help the team effort. You must not shy away saying, "I'm not fast enough to do us any good" or "I swim for fitness. I don't compete". Letting the community know of us through an accomplishment such as winning the PMS Championships is a great way to stress the important accomplishments and benefits the Davis Aquatic Masters have for you.

Old or young, fast or slow, we need you to buoy the competitive spirit of our group and to score points. You may think you're a mediocre talent, but remember that two Davis swimmers scoring third and fourth places or seven Davis swimmers scoring one sixth place each add up to the same point total as the event winner from another team. **You can help us win! We need you!** Do something for Davis. Do something for Davis Aquatic Masters. And most importantly, **Do something for yourself!** Join us. Enter the PM Long Course Championships. We'll even pay your entry fees!



Events Committee ☎ 📧 - Lake Berryessa

The events committee would like to borrow three or four Radio Shack Model 100 portable computers on June 2. If you have such a beast, please call Michael McKinley/Dianne Barnes 753-1688 or Bruce Braly 758-6309. If you are concerned about the treatment it will receive at our hands, we will be glad to incorporate you into the results committee and let you operate it yourself on race day. **Thank you!** Also we need some card tables - call Bruce at 758-6309.

Social Committee

The Social Committee will not be meeting this month. Plans for the July 4th BBQ will be made in June. Thank you Mary Horton, Mike McKinley, Diana Barnes, Bruce Braly, On Braly, Brett Stone, Carol Lane, John Bracchi, Leigh Moriona, and Marie Paquette for your assistance in planning and covering details of the Western Dinner-Dance!

Don't it make you wanna dance? The silo provided the perfect atmosphere for DAM's annual dinner dance, April 27. What better place to hold a western BBQ & square dance... but in a barn! Club members, spouses, and friends showed up wearing jeans (some designer, but mostly Levis), checked shirts, blue and red kerchiefs and cowboy boots (adorned with skins of rock pythons, eels, frogs, and who knows what else). After a down home meal of ribs, chicken, salads, corn on the cob, and fresh fruits, everyone was ready to dance. It wasn't long before Charles Bridges (the Cal Aggie square dance caller) had everyone square dancing. This was mixed with a little pony step, Texas two step, and even cotton-eyed joe. For those of you who weren't able to catch the cotton-eyed joe routine, here it is in case you want to use it for a warm-up before workout sometime.

The Cotton-Eyed Joe

- 1) With arm around woman's back, man holds woman's right hand in his right; her left hand in his left or dancers may simply hook arms. Begin the forward promenade by stepping forward on your right feet.
- 2) Both rock back on your left feet as you shift your weight to your left.
- 3) Both rock forward on your right feet, placing your weight on your right. You have completed one forward promenade.
- 4) Step forward on your left feet.
- 5) Rock back on your right feet.
- 6) Rock forward on your left feet. You have completed a second forward promenade.
- 7) Cross your right legs over your lefts. Holler: "Bull!"
- 8) Kick your right feet diagonally. Holler: "Shit!" Kick on your right.
- 9) Step back on your right feet placing the weight on your right.
- 10) Step back on your left feet, shifting the weight to your left.
- 11) Step back again on your right feet, placing the weight on your right. You have traveled backward once.

Lots of Budweiser, ice tea, and lemonade were consumed as sweat spread across dancers' brows. Guests for the evening were Becci & Bryce Robicheau of V. Santoni.

Stroke Drills - Just For Rookies?

Many of us at DAM have been swimming quite a while, and have pretty good stroke technique. While the coaches can see and work with you on your overt technique problems, some of hydrodynamics and stroke technique is subtle to change and difficult to detect. Our stroke drills are developed and used by the finest and fastest coaches and swimmers in the world to help them hone their technique for propulsive efficiency.

As good as you think you are and as silly as you may think some of our stroke drills are, they will make you more efficient and faster regardless of your ability. Olympic gold medalists and professional distance swimming champions don't get where they are by wasting time in the pool. And they do stroke drills regularly. Do yourself a favor! Take the drills more seriously if you haven't been and do them and keep on doing them if you have been. If you don't understand a drill's purpose, ask your coach. The drills will help you. Your coaches wouldn't make you do them if we didn't think that to be so. (We've even imported a new breaststroke drill from Hawaii to try this week --- Aloha!).

Have You Been Immortalized On Celluloid?

Did you swim Saturday at PM Short Course Championships (1650/1000 or regular session)? You may have been video taped and never saw it. Make arrangements with your coach to borrow the tape or let you watch it at the pool. That's what it's for. ☺

Reimburse the team if we pay your fees and you don't

swim

- ☞ If you entered the PM Short Course Meet and didn't swim, you must reimburse the club for your entries expense. Consult your coach or Barb Paulson for how much you owe. Those who do not reimburse the club by re-enrollment time will lose assignment priority.