

Davis Aquatic Masters

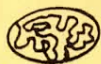


Box 921 Davis, California

Calendar of Events

- Wednesday, Apr 11 SOCIAL COMMITTEE MEETING *
2220 Cassidy Lane - 7:30 pm
- Saturday, Apr 14 *** LAP SWIM CHANGES TO MANOR POOL FOR REST OF SEASON
- Sunday, Apr 15 PM SHORT COURSE CHAMPIONSHIP RELAY ROLL AND START PRACTICE - 10 am - Civic Center or Manor Pool
(All PM Meet swimmers please attend!)
- Sunday, Apr 15 EASTER EGG HUNT
Chestnut Park - 1 pm
- Wednesday, Apr 18 EVENTS COMMITTEE MEETING
1239 E. 8th - 7:30 pm
- Friday, Apr 20 ENTRY DEADLINE --> USMS NATIONAL SHORT COURSE CHAMPIONSHIPS
- Saturday, Apr 21 PM SHORT COURSE CHAMPIONSHIPS 1650 SESSION
Novato
- Friday, Apr 27 *** NO INTENSIVE WORKOUT !!
- Saturday, Apr 28 SPRING DINNER DANCE TICKET DEADLINE
- Wednesday, May 2 *** NO INTENSIVE WORKOUT !!!
- Tuesday, May 8 SOCIAL COMMITTEE MEETING
2723 Ganges - 7:30 pm
- Wednesday, May 9 BY-LAWS VOTING AT ALL WORKOUTS
Subject: 18 year old members
- Friday, May 11 BOARD OF DIRECTORS MEETING
206 Full Circle - 7:30 pm
- Wednesday, May 16 SPRING DINNER DANCE (Semi-formal) *
UCD Faculty Club - 7:00-11:30 pm
- Saturday, May 26 EVENTS COMMITTEE MEETING
225 Cortez - 7:30 pm
- through
Tuesday, May 29 USMS SHORT COURSE CHAMPIONSHIPS - Los Angeles *
- Sunday, Jun 3 LAKE BERRYESSA 2 MILE CHAMPIONSHIP SWIM
Sponsored by Bud Light

* see related articles inside



EASTER EGG HUNT



Rumor has it that a few DAM Easter Bunnies are getting a jump on Easter. They're decorating dozens of eggs and hiding them in Chestnut Park on Sunday, April 15. Have your kids and grandkids bring their own favorite basket or decorated sack to collect the eggs from 1-3 pm.

WORKOUT SCHEDULE*

6:00 am	Manor Pool
7:00 am	Manor Pool
8:00 am	Manor Pool
10:00 am	Community Pool **
11:00 am	Community Pool
12:00 pm	Community Pool
1:00 pm	Community Pool
2:00 pm	Manor Pool
6:00 pm	Manor Pool
7:00 pm	Manor Pool
6:30 pm	Community pool ***

WEEKEND SWIMS: 11-1 Sat & Sun
Manor Pool

* see above for upcoming changes
** Seniors only
*** No workout on Fridays

SOCIAL COMMITTEE

The Social Committee will gather on Wednesday, April 11 at 7:30 pm at Mary Horton's, 2220 Cassidy Lane. (Take Russell Blvd. west. Past Cactus Corners it turns into Road 32. Continue west on Road 32 to Cassidy, turn right. Map will be at the pool). Everyone welcome.

Results

SUSAN MUNN NATIONAL ONE HOUR SWIM CHAMPION!

Results for January's National One Hour Swim competition were mailed recently. DAM's Susan Munn was first place in her age group (45-49) having completed 4245 yards in her hour effort. DAM's Nancy Corstorphine was second place in the 19-24 age group, just 5 yards short of the championship (4850 yards).

Numerous other DAM swimmers placed in the top 20 nationally for the hour swim, including Milt Blackman, Anne Garson, Karen Lang, Michael McKinlay, Francesca Miller, Robert Norris and Byron Philled. Congratulations to all of you!

STRAWBERRY CANYON MEET A GOOD ONE!

Over 20 DAM swimmers ventured to Cal-Berkeley for the Strawberry Canyon Short Course Meet in March. Over half of them swam best efforts. Excellent performances were turned in by Gerry Blank, On Braly, Becky Randolph, Forrest Flocker, Jim Gorss, Charlie Plopper, Bruce Braly, Rick Batha, Doug Frederick, Mark Hohne and Nancy Malone. Way to go, you guys! On to PM Championships and continued success!

POOLMATES:

A Gloss on Proper and Improper Pool Etiquette

by

Miss Manatee
Siren of the Amazon
and
Aquatic Social Arbiter

This month, we will start a series on samples of pool etiquette infringement that are more in the class of minor irritations, and are in truth indulged in by most of us at various times.

THE KNOW-NOTHING

This type never gets the workout series straight. Not only do they not get it, they can (if allowed) screw up the whole lane. For example, you have been told that the set is six 50s, odd fly-free drill, evens all free, on last-person intervals. The Know-Nothing queries you, 'Was that three 150's fly-free, back-fly, breast-free, free? Was there an interval?' The best tactic to take with an identified Know-Nothing (as opposed to a new swimmer or someone who genuinely missed the instructions) is to take off, telling the K-N to ask the coach. Know-Nothings can be observed wool-gathering in the chlorine mist during the coach's instructions. Miss Manatee suspects that the habitual Know-Nothing has more water on the brain than in the ears.

NEXT MONTH: The Fiddlers

WHO IS MISS MANATEE? The search begins

THIRD ANNUAL BUD LIGHT BERRYESSA SWIM

by Cynthia Cilensek

It is not too early to be psyching yourself up for the third annual 2-mile Bud Light Lake Berryessa Championship Swim. Splash-in is at 9:30 a.m., Sunday, June 3, 1984, at Acorn Beach on the west side of Lake Berryessa.

Margaret Jorgensen Turano, Lake Berryessa Event Director, expects 600 entrants this year - 100 more than the number in 1983 and double the number in 1982.

The first open-water swim of the season in Northern California, the Bud Light Berryessa Swim attracts a variety of athletes including tri-athletes seeking open-water experience and distance swimmers as well as pleasure and fitness swimmers. The scenic location, warm water and smooth management of the Berryessa event contribute to its popularity.

The Events Committee changed the course this year. Instead of heading straight for Goad Island, swimmers will head first for a land mass north of the island then head to the island and around it to

finish back at Acorn Beach. Marked by a yellow and red banner hung in trees, the course finish will be more visible than last year's finish.

Following the race, you and your companions may join in a no-host picnic and fill your commemorative mug with a Bug Light Beer which will be provided by DAM. During the picnic, awards will go to the first woman and first man to finish and to the first three swimmers to place in each division.

Dot Scott will be selling commemorative T-shirts with the Berryessa logo. Last year, shirts sold out fast, so be sure to get your early the day of the race, or before.

If you register before May 25, the fee is \$8; \$15 after that date.

This year, the fee includes the florescent orange cap required for all swimmers in a PSM sanctioned event.

Last year's winner of the women's division, Wendy Pratt Cuckovich, finished the race in 43:12; Paul Drommond, winner of the men's division and over-all winner, in 41:45. Other Davis winners include Nancy Harlan, Karen Lang, Susan Munn, Ann Dallam, Patti Gay, Patricia Lax, Lance Halstead and Allen Deyo.

HELP COLLECT LAKE BARRYESSA SWIM NEWS ITEMS

I need your help to collect all the news items about the Bud Light Lake Berryessa Swim which is on Sunday, June 3. Announcements of the swim should appear in major swimming and triathlon magazines in April, May and June. In May and June announcements should appear in newspapers in Yolo County, Sacramento and San Francisco. If you come across any of these items please bring the whole magazine or newspaper to me or Ross so I can copy the item. I will collect all news items for our files and for our sponsors, who will appreciate knowing that the event is well publicized.

--- Cynthia Cilensek, Publicity
Bud Light Berryessa Swim

DAVIS AQUATIC MASTERS
Davis, California

President, Micheal 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

D.A.M. SWIM-SUIT UPDATE

There are approximately ten swim suits that did not arrive in the first shipment. They are expected anytime so please hang in there. Another order will be placed as soon as 12 new orders are received. New sign-ups start next week. Pick up an order form at the pool! Delivery time is anywhere from 2-6 weeks.

WEIGHT ROOM

The gloomy prospects of the Civic Center opening being delayed even further also keeps our weight room availability at bay. When (if?) we return to Civic Center, we will offer weight room orientations to an improved, expanded weight circuit training program. We will probably begin orientations following our major taper meet (PM or USMS Championships). Listen for details and hope for a miracle so we can 'go back home'.

D.A.M. PARENT-TOT CLASS

Coach Lynda and the Board of Directors are working on putting together a class for D.A.M. parents and their tots (3 months to 3 years). When and if plans are made, we will post and announce it. We are trying to work out the insurance and financial problems.

The Newsletter is published monthly on the Monday following the Board of Directors meeting. Announcements and other items of interest must be submitted no later than 6:30 PM on the Thursday after the board meeting. Items can be submitted to Diana Barnes 753-1688 or Ross Yancher 753-6920 or given to your coach.

Coach's Corner

IT'S TAPER TIME!!

PMSA Short Course Championships is one of our big goal meets for the year. We anticipate a large number of entrants who will, prior to the meet, be 'tapered' in order that they perform 'peak' efforts at the meet. While they will be swimming amongs non-taperers (nationals swimmers, open water swimmers and non-meet swimmers), all should note and help and accomodate our taperers. We will reduce their yardage, reduce their sprinting and reduce their swimming stress generally in hopes of replenishing the strength of all those who've been adapting to the stress of competitive training. Then we'll ship 'em to Novato and turn the water in the pool to steam!! The big meet is April 21, 27 and 28 at Indian Valley Junior College.

NATIONALS IN CALIFORNIA!

USMS Short Course National Championships will be held at the Industry Hills Swimming Complex near Los Angeles May 26 through 29. DAM will pay not only entry fees for our members who choose to attend but also a \$10 per day expense is allowed.

National Championships are an exciting experience for meet swimmers. The Events Committee saves funds especially for these events when they're on the west coast. Look over the meet information and lodging and transportation availabilities as : posted at the pools. Entries for those who are going are due to the coaches by FRIDAY APRIL 20!!

SWIM TRAINING AND ENERGY METABOLISM. III

by Lynda Campbell

The two previous articles in this series discussed the immediate energy system (for speed training and getting races out fast) and the short term energy system, or lactic acid system (for bringing races home). The third energy system is the 'long term energy system' which allows you to maintain a fast pace during a longer race, The Aerobic System.

This is the last of the three-part series discussing the three systems, how they work and the specific training we do daily for each. Hopefully with a better understanding of each system and the specific distances and rest intervals that train each, the great variety of sets offered during workout will be more meaningful to you. The coach has a reason and objective for each set you do, each day of the year.

III. The Long Term Energy System: The Lactic Acid System Aerobic (with the use of oxygen) reactions provide the important final stage for energy transfer, especially if vigorous exercise proceeds beyond two or three minutes. This system takes over because the lactic acid system does not work fast enough to resynthesize the immediate energy source (ATP). After four minutes the body reaches a steady state where a balance between energy required by the working muscles and the rate of energy (ATP) production via aerobic metabolism is equal. This means oxygen consuming reactions (call aerobic glycolysis) provide the energy for exercise. In addition, this steady state provides for removal of lactic acid so it won't accumulate and cause muscle stiffness.

Aerobic glycolysis provides the energy for maintaining a fast pace through the middle portions of most swimming races (the 50 and 100 are exceptions). Swimmers who are able to pace the first part of their races will derive more energy from anaerobic glycolysis, with the result that lactic acid will not accumulate as rapidly and fatigue will be delayed. This allows them to swim the middle half of the race at a faster than average rate.

Training Aerobic Capacity

A. Expected Improvements

1. An improvement in average speed over the race distance with no increase in fatigue (improved aerobic capacity).

B. Physiological Adaptations Responsible for Improvements

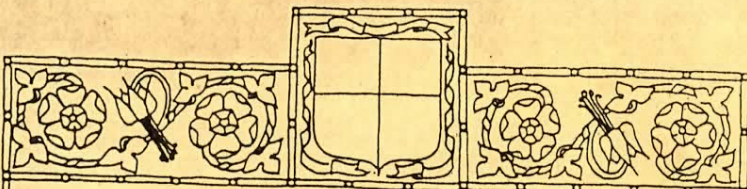
1. An increase in the oxygen supplied to muscles (oxygen is necessary for energy replenishment)
2. An increase in the quantity of glycogen (energy) stored in swimming muscles.
3. A reduction in the rate of lactic acid production when swimming less than race pace.
4. An increase in the rate of removal of lactic acid from swimming muscles.

C. Training Methods

Any distance can be used for aerobic training provided the pace is adequate and the rest period is shorter than the work period.

D. Important Points to Remember

1. The average time for a repeat set is the most important factor when trying to improve your aerobic capacity so try to reduce it as the season progresses.
2. Swim your major stroke(s) frequently in aerobic training. While respiratory and circulatory adaptations that increase the oxygen supply to muscles can be produced by any kind of exercise, including running, the muscular adaptation that result in an improved ability of muscle fibers to remove lactic acid and to take oxygen from the blood will occur only in those fibers that are exercised specifically.



SPRING DINNER DANCE

Around the pool, there is talk of a DAM Prom, which promises to be the social event of the year!

This exciting event is happening Friday, May 11, 7-11:30 pm at the Faculty Club on campus (map on poster at the pool). The price is \$12.50 per adult. Checks should be made payable to Davis Aquatic Masters and mailed to:

Marie Pacquette
2675 Blackburn Dr
Davis, CA 95616.

Please enclose the reservation form below. No reservations will be taken after Friday, April 27, so please make your plans early. Please see the orchid-colored flyers at the pool for more information and reservation forms.

NOTICE

DAVIS AQUATIC MASTERS

)))) NOTICE OF SPECIAL MEETING ((((((

Tuesday, May 8, 1984
with voting during workouts.

Purpose: to vote on the proposed amendment to the by-laws of the Corporation.
ARTICLE II, Section 1, paragraph a.

Current by-law states:

a. Active members
Any person, 19 years of age or older ...

Proposed change:

A. Active members
Any person, 18 years of age or older ...

Comments, pro and con, on the proposed amendment should be submitted in writing to:

Davis Aquatic Masters
PO Box 921

Davis, Ca 95617.

All such comments postmarked by April 26, 1984, will be summarized and published before the Special Meeting.

NOTICE

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

Vegetarian Manicotti _____
Cornish Game Hen _____

2. Dance music favorites; please list artists or tune titles:

3. Name: _____
Address: _____
Phone: _____
Number of persons in party: _____

Please return this form with check for \$12.50/person (includes tax) made payable to Davis Aquatic Masters. Mail to:

Marie Paquette
2675 Blackburn Drive
Davis, CA 95616